

Special points of interest:

- Logo change links all Kalamazoo County Government departments >>>



**November 26-27
Thanksgiving**

Holidays –

Office Closed

**December 24-25
Christmas**

Holidays –

Office Closed

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Area Agency on Aging IIIA **The Advisor**



November/December

2015/Issue 6

Aging in Place or Aging in Community

Is it “Aging in Place” or “Aging in Community?”

Lately, after reading many articles and seeing presentations, I believe it’s time to again remind ourselves that we want to change the narrative and experience of aging, especially when it comes to staying at home.

“Aging in Place” is a phrase that most people believe describes a person’s desire to stay in their own home, with the variety of supportive assistance needed over the years. Although it is thought of as a positive statement, it can have negative connotations that include loneliness, helplessness and boredom.

“Aging in Community” is a phrase that de-

scribes a person’s desire to stay in one’s community to age, continuing to be a vital part of it, with the community recognizing that it needs to come together to honor and care for elders.

Building vital communities that engage people of all ages and abilities in a shared effort to advance the common good describes “Aging in Community.” Said another way, “People who live in an “Aging in Community” environment are the bricks and relationships that develop between them are the mortar. Together, the bricks and the mortar are “social capital.” We all need each other to build a good place to grow up and grow old in.

We tend to put populations and issues into silos and frankly, aging

issues has been siloed and on the back burner for a long time, except for those of us in the thick of aging services. We will be approaching a time when this will change, however, and it’s coming fast.

So, I ask that when you hear people bring up “Aging in Place” you do a little correction and say: We like to call it “Aging in Community” because it takes a community to care for elders and elders to make our community a good place to live.

Thank you to The Advisor readers and all those who have the special calling of caring for our community’s elders. Let’s go forward in 2016 with an “Aging in Community” attitude!

Judy Sivak



Mark Your Calendar

2015 Kalamazoo County **Veterans Day Ceremony** and Dedication of the refurbished Veterans Memorial at Riverside Cemetery and a Blue Star Memorial Marker—

Wednesday, November 11th at 2:00pm.

Riverside Cemetery, 1015 Gull Rd., Kalamazoo.

Parking and shuttle transportation is available at St. Mary's Church, 929 Charlotte Ave.

Thursday, Nov. 12: Elder Abuse Prevention Coalition Meeting, 1:30–3:00 PM, Miller Johnson in the Radisson, 100 W. Michigan Ave., Kalamazoo.

Thursday, Nov. 12: Connecting our Community through Recovery free training for human services and healthcare providers (CEUs available) to learn about Kalamazoo's Recovery Oriented System of Care

(ROSC) and integrated approaches of substance use disorder care. 9:00 AM to 12:00 Noon, Kalamazoo County HCS Dept., Georgian Room, 3299 Gull Rd. Registration required. Click for [More information](#)

Monday, Nov. 16: Kalamazoo County Advocates for Senior Issues (KCASI) Meeting, 1:15–2:45 p.m. at Senior Services Co-Oper Rm., 918 Jasper St., Kalamazoo. *MORE ON P. 3*

Thursday, Nov. 19: Great American Smokeout® [Quit Like A Champion™](#)

Friday, Nov. 20: Professionals Focused on Aging (PFA) Meeting, 8 AM at Senior Services. *A Visit from Dear Aunt Blanche—A Respectful Reflection on Aging from a True Expert.*

Friday, Dec. 18: PFA Annual No Meeting, Just Eating! 8-10 AM, at Theo & Stacy's, 5225 Portage Rd.

I&A Corner

Information & Assistance Line (269) 373-5173

Medicare Open Enrollment

Medicare's open enrollment period is **October 15 - December 7, 2015**. This is an important season for recipients to review their options for 2016 Medicare coverage. Medicare health and drug plans can make changes each year which may affect cost, coverage, and which providers and pharmacies are in their networks. This is the time that all people with Medicare can change their health plans and prescription drug coverage to better meet their needs. Changes made now will go into effect on January 1, 2016. People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If they are satisfied with their current plan (and any changes made), and it's still being offered, they don't need to do anything.

Enrolling and changing plans can be a daunting task, and it is tempting for some to just sign up quickly or stick with what they have. But that could be a costly decision. Help is available. If you would like to speak with an unbiased and trained individual who will help you navigate the myriad of choices, **contact your local MMAP (Medicare Medicaid Assistance Program) at 1-800-803-7174**. Your call should be routed to the MMAP office for your area. In Kalamazoo County, the office is located at Senior Services. These wonderful volunteers will help you conduct a personalized search for the best plan for YOU.

If you want to check out your plan options on your own go to www.medicare.gov or call 1-800-MEDICARE to find and compare plans.

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:

Janice Bonita, Editor
Phone: (269)373-5147
Email: jgboni@kcalcounty.com

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

LIVE UNITED



Kalamazoo County Advocates for Senior Issues



KCASI holds its annual meeting on Monday, November 16th with election of officers to the Executive Committee. For members who won't be able to attend, "absentee" ballots were sent to all to make it easy to vote. Special recognition will be given to the 2015 sponsors whose representatives are invited to come and speak about what they provide to the community.

Also, you'll learn how to expand your advocacy efforts through a project, *Advocacy in Action!*

The networking & refreshments portion of the meeting starts at 1:15 PM, and the meeting and program are from 1:30 to 2:45, at Senior Services Coover Room, 918 Jasper St., Kalamazoo. Put it on your calendar now. Invite a friend or colleague to attend—KCASI meetings are open to the public.

There will be no KCASI meeting in December.

Thank You Sponsors!

Area Agency on Aging IIIA
Blue Cross Blue Shield of MI
Borgess Health
Care N Assist
CentraCare
Dementia Services Group, LLC
Disability Network Southwest Michigan
Fresh Perspective Home Care
Guardian Medical Monitoring

Hospice Care of Southwest Michigan
Life EMS Ambulance
Michigan Hearing, LLC
New Friends Memory Care & Assisted Living
Presbyterian Villages of Michigan—Village of Sage Grove
Priority Health Medicare
Right at Home
Senior Services Southwest Michigan
WMU—Senior Day Services

Senior & Caregiver Expo Hosts Successful Ask the Experts Seminar

Oct. 6, Kalamazoo: The 19th Annual Senior & Caregiver Expo hosted its first *Ask the Experts* seminar aimed at family caregivers. The seminar room was full of folks anxious to get answers about their caregiving issues.

A big "thank you" to the experts who provided the answers:

Dr. Michael Raphelson, Medical Director Hospice Care of Southwest Michigan

Arun Tandon, Pharmacist

Kelly Quardokus, local elderlaw attorney

Lisa Fuller, MMAP Coordinator
Patti Stratton, social worker and Creating Confident Caregivers master trainer

And, many thanks to our moderator, Anne Zemlick, RN & Program Manager of AAAIIA's Choices for Independence Program.



**HEALTHY
LIVING
PROGRAMS**
Class Schedules



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Falls Prevention

8-Session Workshops

Dates	Times	Locations	To Register
Wednesdays, January 6 to February 24, 2016	2:00 to 4:00 PM	Crossroads Village 6600 Constitution Blvd. Portage, MI 49024	(269) 327- 2100
Tuesday, January 12 to March 1, 2016	1:30 - 3:30 PM	Crosstown Parkway 550 W. Crosstown Pkwy. Kalamazoo, MI 49008	(269) 344- 3968
Wednesdays, February 3 to March 23, 2016	1:00 to 3:00 PM	Parchment Library 401 S. Riverview Dr. Parchment, MI 49004	(269) 343- 7747
Fridays, February 5 to April 1, 2016	9:30 to 11:30 AM	Portage Senior Center 320 Library Lane Portage, MI 49002	(269) 329- 4555

Classes are free. Donations are appreciated. For more information, please contact: Marilyn Reed, LBSW, Master Trainer, (269) 373-5224 or Email mjreed@kalcouny.com.

Note: Some workshop schedules are longer than the number of weeks. Check the schedule on the first day of the workshop to verify all class dates.



PATH (Personal Action Toward Health)

6-Week Workshops

PATH			
Dates	Times	Locations	To Register
Mondays, January 18 to February 22, 2016	2:00 to 4:30 PM	Crossroads Village 6600 Constitution Blvd. Portage, MI 49024	(269) 327- 2100
Chronic Pain PATH			
Thursdays, January 21 to February 25, 2016	1:00 to 3:30 PM	Hope Woods 5749 Stadium Drive Kalamazoo, MI 49009	(269) 353- 4712
Diabetes PATH			
Mondays, January 11 to February 15, 2016	1:00 to 3:30 PM	Washington Square Apts. 710 Collins St. Kalamazoo, MI 49001	(269) 553- 7992
Wednesdays, January 27 to March 6, 2016	1:00 to 3:30 PM	Portage Senior Center 320 Library Ln. Portage, MI 49002	(269) 329- 4553

Classes are free. Donations are appreciated. For more information, please contact: Norma Bour, MS, RD, Master Trainer, (269) 373-5382 or Email nsbour@kalcouny.com.



The staff at the Area Agency on Aging, IIIA, appreciates the opportunity to work with families as they care for their loved ones.

What better way to acknowledge **November as Family Caregiver Month** and the important role of family caregivers than to showcase the graduates of the most recent **Creating Confident Caregivers®** class!



Kalamazoo Hoarding Task Force

- The Kalamazoo Hoarding Task Force (KHTF) is comprised of over 15 organizations, agencies, and businesses.
 - Hoarding is a complex issue, and KHTF recognizes the need for assistance.
 - KHTF is working together to find solutions for hoarders and their loved ones in Kalamazoo County.
- If you or someone you know is dealing with a hoarding dilemma, call 211 or visit www.kalamazoohoarding.org



"Ancora Imparo - Still I Learn" *Free Legal Training for Service Providers*

- Training Topics Include:
- * School to Prison Pipeline
 - * Criminal Law and Expungments
 - * Infant Mortality
 - * Tax Issues Impacting Low Income Individuals
 - * Recent Developments in Immigration Law
 - * Fair Housing and Discrimination
 - * Bed Bugs
 - * Online Legal Resources
 - * Same Sex Marriage: Family Law Update

Friday, November 6th
8:00 AM - Noon
KVCC Groves Center, Kalamazoo

To Register go to <http://goo.gl/forms/wTp7Fi9ndN>.
Please contact LAWM.TRAINING@gmail.com for additional information.

One kind word can warm three winter months.

Japanese Proverb



Alzheimers Walk



Judy Sivak, June Scarberry and Donnyel Klinger are the participants in purple at the recent Walk to End Alzheimers®

Kudos to the AAAIIA walkers and supporters of Alzheimer's research and to Liz Brass for putting together the team.

AAAIIA's Fee-For-Service Program

Custom Care is a fee-for-service program developed in response to consumer demand. Our Geriatric Care Consultants are degreed, licensed and certified professionals who specialize in meeting the long-term care needs of older adults and their families and follow a code of ethics. They possess advanced training and extensive knowledge about the availability, quality, and costs of services in the community and help ease the stress of navigating long-term care solutions.

These are some of the services a geriatric care consultant can provide:

Custom Care

- Assessing the condition of an older adult and their living environment
- Developing a person-centered plan of care
- Assisting the individual/family to engage providers and monitor services
- Consulting with other professionals
- Attending medical appointments
- Exploring housing options
- Visiting the individual in the hospital or long-term care facility
- Assisting with caregiver needs
- Being the eyes and ears of a long-distance caregiver
- Advocacy
- Help with complex family issues

For more information or to schedule an appointment, please call (269) 373-5173.



Kinship Care Program: *Opportunities to Strengthen Kinship*

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 6:30-8:00 pm 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.*

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

Phone: 269-373-5147
www.kalcounty.com/aaa/



Few people know
how to be old.

In aging,
one becomes
crazier and wiser.

Who lives with-
out folly is not as
wise as he thinks.

~LaRoche foucauld

Staff News



***Congratulations
to these outstanding
staff members on their
November anniversaries!***

Judy Sivak, MSW, AAA
Director, 18 years.

Laurie Palanca, LLBSW,
I&A Social Worker, 7
years.

Judy Adlam, LMSW,
Choices for Independ-
ence Care Consultant, 5
years.

Don Saldia, RN, Choices
for Independence Care
Consultant, 2 years.

Welcome to
William Bermeo, Evan
Kohler, Kristina Le,
Ben Roush and Na-
than Whelham, WMU
School of Medicine
students who are with
us for the next 16
months.

**Each year, our Choices
for Independence
program makes gift
baskets** to deliver to
clients during the holi-
days who are alone
and who may not oth-
erwise be remem-

bered. If you would like to
join in this effort by do-
nating items or making a
monetary gift so that we
can purchase items,
please donate before De-
cember 10th. Open the
suggested list
here >>>

If you have any
questions,
please contact Judy H. at
jahaye@kalcounty.com
or 373-5258.



**Thank you, and
*Happy Holidays!***