

## In this issue:

Mark your Calendar,  
p. 2

I&A Corner, p. 2

Medicare and Health  
Insurance, p. 3

Healthy Living  
Programs, p. 4

Alzheimer's Diversity  
Outreach, p. 5

News from AAA, p. 6



Area Agency on Aging<sup>IIIA</sup>  
Kalamazoo County  
Health & Community Services



## Flu Shots & Friends at Expo

The crowd was impressive for the 17th annual Senior Expo, and by most accounts it was the biggest and best ever! Many of you were there to visit the 135 diverse exhibitors who provided information on services and products of interest to seniors, boomers, caregivers, and professionals alike.

Borgess and Bronson hospitals reported that flu shots given were way up over last year; and, health screenings were performed steadily throughout the day.

Attendees found their way to our sponsors' tables to have their door prize tickets punched and get some information as well. Thanks to Chemical Bank, Life EMS Ambulance and Steve Ellis of *SW MI Spark*, for donating the prizes. Special thanks to John Hilliard of Lending Hands for providing wheelchairs. As always, we appreciate the Kalamazoo Co. Expo Center staff for their assistance. Also, thanks to Chad & staff of EMA Catering who did a great job with the food service.

### SENIOR EXPO 2013 SPONSORS Your support is appreciated!

#### GOLD:

- Borgess
- Bronson

#### SILVER:

- AARP

- Blue Cross Blue Shield Blue Care Network of Michigan

- Heritage Community of Kalamazoo

- Senior Services Southwest Michigan

- SW Michigan Spark

#### BRONZE:

- Adult Day Services at Oakland Centre

- All-Weather Seal

- CoventryCares of Michigan
- ECCU

- Langeland Family Funeral Homes

- Life EMS Ambulance

- Meridian Health Plan

Happy  
Thanksgiving!  
November 28th  
Offices closed  
Nov. 28 & 29



Christmas  
Holidays:  
Offices closed  
December 24 & 25



New Year's Day:  
Offices closed  
January 1, 2014



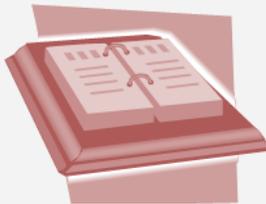
Attendees visit Senior Expo for flu shots, health screenings and valuable information.



Please  
mark your  
calendar for  
Senior  
Expo 2014  
Tuesday,  
October  
7th!

Judy Sivak and Nona Matheis,  
102 years young, reconnect at  
the Senior Expo.





## Mark Your Calendar

**Monday, November 11: Veteran's Day Ceremony** at Rose Park, Kalamazoo. See p. 3.

**Monday, November 18: KCASI Meeting**, 1:15-2:45 PM at Senior Services, 918 Jasper St., Kalamazoo.

**Friday, November 22: Professionals Focused on Aging (PFA)**, 8:00-9:30 AM, Senior Services, 918 Jasper St., Kalamazoo, with Susan Vanderlugt,

Executive Director, Shepherd's Center.

**Friday, December 13: Annual PFA Holiday Breakfast**. 8:00 AM at Old Burdick's West (Holiday Inn on 11st St.) Breakfast for purchase from menu or buffet. (Meeting scheduled on second Friday of month due to holidays.)

**Friday December 20: 21st Annual Greater Kalamazoo Holiday Food**

**Drive.** Want to help? Sorting begins at 6pm on 12/20 at the Kalamazoo County Fairgrounds, Expo South Rm. Packing baskets 12/21 starting at 9 am & deliveries the same day beginning at 10:30 am. Nonperishable food items collected by local businesses throughout the community. More info: [www.kalamazooholidayfooddrive.org](http://www.kalamazooholidayfooddrive.org)



**"Fall back" an hour on Sunday morning, November 3rd!**



The last 2013 meeting of KCASI will be Monday, November 18th, from 1:15 to 2:45 PM, at Senior Services, 918 Jasper St., Kalamazoo. The topic is **Be Aware--Tips to Avoid Phone & Mail Scams**, presented by the Michigan Attorney General's Senior Brigade. Please plan to attend, and have a chance to **win a shredder!**

KCASI members will be electing officers to a two-year term. While only members can vote, the public is invited—and encouraged—to attend the meeting. You will have the opportunity to join KCASI or renew your membership at the November meeting. And, your membership will be good through the calendar year 2014.

For information on KCASI, call (269) 373-5147.

**Support provided by:**

- Area Agency on Aging IIIA
- Borgess Health
- Crossroads Village Apartments

- Dementia Services Group, LLC
- Disability Network Southwest Michigan
- Fresh Perspective Home Care
- Hospice Care of Southwest Michigan
- Life EMS Ambulance
- Meridian Advantage Plan
- New Friends Memory Care Assisted Living
- Park Place Assisted Living
- Presbyterian Villages of Michigan
- Senior Services Southwest Michigan
- Stay Home Companions
- UnitedHealthcare Community Plan

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



### I&A Corner

**Information & Assistance line: 269-373-5173**

Remember to let your peers, clients, family & friends know about the AAIIIA Information & Assistance Line at 269-373-5173, available weekdays from 8am to 4:30pm. This FREE resource connects you to trained social workers who can provide resources and

discuss options for your particular concern or need for an older adult, a caregiver, or an adult with a disability.

We look forward to hearing from you!



## On Medicare? You Don't Need a New Insurance Policy

New health insurance websites are going live in Michigan and every other state promoting affordable health insurance policies. These "Marketplace" websites are designed to help younger people with no health insurance. They are NOT for people on Medicare.

Medicare beneficiaries will still get help through [www.Medicare.gov](http://www.Medicare.gov) in shopping for Part D drug policies and if they are interested, a Medicare Advantage Plan as an alternative to traditional Medicare. Medicare's Open Enrollment period begins on October 15 and lasts through December 7. For help in understanding your

Medicare choices, call the Medicare Medicaid Assistance Program (MMAAP) at 1-800-803-7174. If an insurance agent asks you to buy a new Marketplace policy, tell them you're on Medicare and you don't need one. In fact, it is against the law for insurance agents to sell a Medicare beneficiary "Marketplace Health Insurance Plan" they don't need, with fines of up to \$25,000 and up to five years in prison or both. Report any violations to the Michigan Insurance Bureau at 1-877-999-6442.

Reprinted from Aging Alert, Sept. 2013  
Editor: Mary Ablan, MA, MSW

## Kalamazoo County Honors Its Veterans

The Rotary Club Of Kalamazoo – Sunrise, and the Kalamazoo County Health and Community Services Department invite you to attend the Kalamazoo County **Veterans Day Ceremony**.

*The formal program begins at 2:00 pm;* however, the program is preceded by a reading of the names of all of the Kalamazoo County citizens who have died in our nation's wars. Participants include the Western Michigan University ROTC color guard and "boomer", the Kalamazoo County Sheriff's Department, the Sons of Union Veterans of the Civil War, the Kalamazoo Pipe Band, the Kalamazoo Detachment, Marine Corps League, and others.

*Everyone is invited to come and honor our Veterans.*  
**2013 Kalamazoo County Veterans Day Ceremony**  
**Monday, November 11, 2013 at 2:00pm**  
**at the Rose Park Veterans Memorial**  
**(E. Michigan at the intersection with Kings Highway)**



## Creating Confident Caregivers Training

Creating Confident Caregivers is a program for those caring for persons 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 role of caregiving. Classes are free and respite can be arranged.

### Class Offered:

**Day & Dates:** Tuesdays  
November 12, 19, & 26th  
December 3, 10, & 17th

**Time:** 2:00 – 4:00pm

**Location:** Kalamazoo County Health & Community Services,  
Wing 1, 2nd Floor  
Conference Room F

**Address:** 3299 Gull Road, Kalamazoo

**DONATIONS WILL BE ACCEPTED**

**To register contact:** Patti Stratton, LLMSW  
(269) 373-5141

**Class Size is Limited! Please register today!**



## Matter of Balance

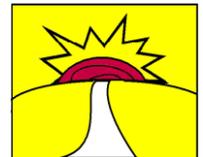
Check out the AAA Web site under Healthy Living Programs for upcoming workshop schedules as they become available.



*Vicksburg Matter of Balance Class Attendees 10/7/13*

## Personal Action Toward Health (PATH)

A Personal Action Toward Health (PATH) class is scheduled for November 5 through December 10, 2013, at St. Catherine of Siena Church, 1150 W. Centre Ave., Portage. Please call (269)978-2334 for space availability. (Donations accepted for workbook.)



For questions about PATH, Chronic Pain PATH and Diabetes PATH classes, please call (269)373-5382 or email [nsbour@kalcounty.com](mailto:nsbour@kalcounty.com).

## Help for Paying Heating Bills

Winter is coming along with high heating bills. If you're worried about paying your bills on time, call your utility company NOW to ask for advice. There are many programs that can help, especially if you plan ahead. Just look on your last bill for the customer service number.

Michigan law provides special protection from shutoffs for seniors 65+. (Detroit Edison customers qualify at age 62.) Between November 1st and March 31st utility companies cannot shut off a senior's heat even if they make no payments. However, seniors must pay the amount owed between April and

October, and daytime shut-offs are allowed during this period. Seniors with past due bills should immediately notify their utility that they are 65+ (or 62+) and qualify for the "Winter Protection Plan." If you have a complaint about your gas or electric company, and the company hasn't resolved it to your satisfaction, call



the Michigan Public Service Commission at 1-800 292-9555.

Reprinted from Aging Alert  
Sept. 2013  
Mary Ablan, MA, MSW,  
Editor

## Alzheimer's Association Diversity Outreach Project

The Alzheimer's Association, Michigan Great Lakes Chapter (MGLC), provides services and support s to individuals and families living within 23 Michigan Counties who are affected by Alzheimer's disease or other dementias. The Chapter has four regional offices with one in downtown Kalamazoo, located at 350 E. Michigan Avenue. The Chapter provides education, support groups, information and referral, care consultation and safety services to persons with the disease as well as caregivers. MGLC also has several exciting new initiatives to announce.

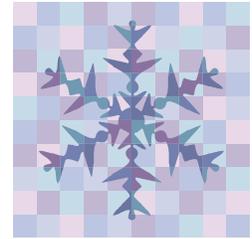
A diagnosis of Alzheimer's disease can be frightening and can often trigger social isolation. The Chapter is reaching out to newly diagnosed individuals, offering social engagement opportunities to keep people connected and provide fun and comfortable activities through which people can stay social and enjoy an appropriate peer group. Early stage activities currently include one social meet up each month at a local restaurant for coffee and a second scheduled social event.

The national organization has recently received grant dollars from Met Life for outreach to and inclusion of diverse communities currently underserved by the Association. MGLC applied for and was awarded a grant to institute a Diversity Outreach project.

Association staff from Kalamazoo and other regional offices will be working with civic and faith community leaders to provide heightened information to the African American community within the chapter's territory.

**November also brings annual presentations across the chapter on the most current research findings and trends. Kalamazoo area's research event, "Alzheimer's Research: The Global Search for Hope, A Local Call to Action" is scheduled at the Beacon Club on November 14, 2013, from 6:30 to 8:30 p.m. Dr. Bruno Giordani of the Michigan Alzheimer's Disease Center will be the guest presenter. Registration is required.**

To find out about all of the programs and supports provided by the Alzheimer's Association, or to get help, ask questions, or register for a program or activity, please call our 24/7 helpline at 800-272-3900. ♦



*Peace of Mind  
through  
Professional  
Geriatric Care  
Management*

*Custom  
Care*

**is a fee-for-service program developed in response to consumer demand. Our service is confidential, respectful, and follows professional protocols. Call the Area Agency on Aging's Information & Assistance line at 269-373-5173 for your free phone consultation.**

**Don't judge  
each day  
by the harvest  
you reap  
but by  
the seeds  
that you plant.**

Robert Louis Stevenson



## Staff News

Welcome to AAAIIIA's intern, **Christine Schram**, who is a graduate student in social work at WMU. It's great to have Christine here!



### Anniversaries – November:

**Judy Sivak, MSW, Director: 16 yrs.**

**Laurie Palanca, BSW, I&A Social Worker: 5 yrs.**

**Judy Adlam, MSW, CFI Care Consultant: 3 yrs.**

We're so fortunate to work with these dedicated, caring individuals.

Farewell to **Betsy Hodgman**, RN, CFI Care Consultant, who will be leaving us to pursue another adventure. She has been with us for nearly seven years and will be deeply missed. Best of luck to her!

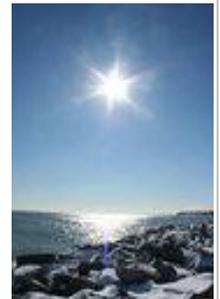


*The Area Agency on Aging Region IIIA wishes you a joyous holiday season.*



*Keep your face to the sunshine and you cannot see a shadow.*

*Helen Keller*



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**(440)**