

Area Agency on Aging IIIA, 3299 Gull Rd., Nazareth, MI 49074 Phone: 269-373-5147 Fax: 269-373-5227 www.kalcounty.com/aaa

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Sunday, Nov. 2nd – 2 am:

Turn clocks back – get an extra hour of sleep!



County Holidays:

Thursday, Nov. 27 & Friday, Nov. 28:
Thanksgiving holidays
Offices Closed

Wednesday, Dec. 24 & Thursday, Dec. 25:
Christmas holidays
Offices Closed

Thursday, Jan. 1, 2015
New Year's Day
Offices Closed



The Senior Expo Experience

Kalamazoo, Oct. 7:

Did you come for free health screenings and a flu shot? Did you come for information from, and networking with, over 130 exhibitors all in one place? Or, did you come for the day and happened upon a *flash mob* or a furry friend? Whatever you came for, you were among the thousands who attended the 18th annual Senior Expo at the Kalamazoo

Expo Center.

We hope your Senior Expo experience was positive and that you come again next year. Mark your calendar for Tuesday, Oct. 6th!



November is Diabetes Awareness Month

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®!

Here are just a few of the recent statistics on diabetes:

- ▶ Nearly 30 million children and adults in the United States have diabetes.
- ▶ Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- ▶ The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

See more at:
[American Diabetes Month](http://AmericanDiabetesMonth.org)





Mark Your Calendar

Thursday, Nov. 6: **Traumatic Brain Injury training**, Battle Creek VA Medical Center. See below.

Thursday, Nov. 6: **Public Transit Community Focus Group**, 1-2:30 pm at Metro Transit Office, 530 N. Rose St., Kalamazoo.

Saturday, Nov. 8: Dinner for LGBT Seniors and Friends*, 5-6:30 pm, Phoenix Church, 2208 Winchell Ave., in Kalamazoo. *Everyone's welcome; dinner is free – donations gladly accepted.

Tuesday, Nov. 11: Veterans Day Ceremony, 2 pm at Rose Park, E. Michigan & Kings Hwy., Kalamazoo. More at [Kalamazoo County Veterans Day Ceremony](#)

Monday, Nov. 17: KCASI Meeting, 1:15–2:45 pm, held at Senior Services, 918 Jasper St., Kalamazoo. Read more ↓

Tuesday, Nov. 18: Alzheimer's Association Research Night with presenter, Bruno Giordani, PhD, MI Alzheimer's Disease Center. 6 PM, Beacon Club, 5830 Portage Rd., Portage.

Registration required, call 800-272-3900.

Friday, Nov. 21 (3rd Friday!): Professionals Focused on Aging (PFA), 8 am at Senior Services. AARP Foundation, Senior Community Service Employment Program Director, Ralph Rausch, speaker.

Friday, Dec. 19: PFA Annual No Meeting, Just Eating Holiday Breakfast, 8 – 10 am at Old Burdick's West, Holiday Inn, 11th St. 🌲

KCASI Annual Meeting Set for November 17th

Come to the last meeting of the year on **November 17th** on **KNOWING YOUR MEDICARE RIGHTS**.

- Find out more about:
- Appealing hospital or nursing home discharge decisions
 - Quality of Care complaints

- Denial of admission to a hospital

The meeting is from 1:15 to 2:45 pm at Senior Services, 918 Jasper St., Kalamazoo.

Everyone's encouraged to attend this important meeting. The next general meeting is February 16th.

Membership renewal information will be available at the November meeting. If you have questions, please contact Janice at (269) 373-5147.



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, Health & Community Services Dept., Kalamazoo County Government Director – Judy Sivak



On **November 6th** at the **Battle Creek VA**, the Veteran Community Partnership is proud to sponsor an opportunity for professionals to learn about Traumatic Brain Injury (TBI). Our presenter is Dr. Jessica Kinkela,

PhD, Neuropsychologist at the Battle Creek VA Medical Center. Check-in & networking start at 9:00 am. Program starts at 9:30 followed by panel discussion with VA & Community Partners. An information table will be

provided to share your brochures and flyers for coming events. **Physician, Psychology, Social Work and Nursing CEU's Available. EVENT IS FREE!** Registration is required: [TBI Registration](#)

I&A Corner

Information & Assistance Line (269)373-5173

2015 White House Conference on Aging

The White House has held a Conference on Aging each decade since the 1960s. 2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, and the 80th anniversary of Social Security. The 2015 White House Conference on Aging will recognize the importance of these key programs, and look ahead to issues that will help shape the landscape for older Americans for the next decade. *The four areas of focus for the conference will be healthy aging, retirement security, long-term services and supports, and elder justice.*

The White House intends to seek broad public engagement and work closely with stakeholders in developing the conference. The Web site www.WhiteHouseConferenceOnAging.gov provides regular updates on Conference activities and opportunities for older Americans and leaders in the field of aging to provide input and personal stories. Individuals may also sign up for updates via email.

Mid-America Pension Rights Project

www.mid-americanpensions.org

The Mid-America Pension Rights Project is a program of Elder Law of Michigan, Inc., a 501(c)(3) non-profit. *Their services are free of charge*, and they assist individuals by providing:

- Basic advice about pension laws and pension rights;
- Information about pension benefits for spouses or survivors;
- Finding pensions “lost” due to company mergers, relocation, or bankruptcy;
- Investigation of benefit denials and filing appeals;
- Rights of divorced persons, including Qualified Domestic Relations Orders; and
- Filing benefit claims.

MAPRP can help persons understand their rights and claim their earned benefits regardless of the type of pension plan and/or the type of company worked for. For more information, click [Pension Rights](#) or call 1-866-735-7737. ✨

Kudos to the AAA team who walked at Celery Flats —in the rain!—on September 21st. From left, Jerry Sivak, Liz Brass, Judy Adlam, Anne Zemlick, Judy Sivak, and Kate Sweet. Many thanks to Liz, AAA Quality Assurance & Planning Coordinator, for organizing the team and donations for Alzheimer’s research.

Alzheimer’s Walk

November is National Alzheimer’s Disease Awareness & Caregiver Month.

Post a personal tribute to a loved one.

[ADD A PERSONAL TRIBUTE](#)



Dr. Gillian Stoltman Chosen as New Director and Health Officer for Kalamazoo County Health & Community Services Department



Dr. Stoltman comes to HCS with a wealth of knowledge and experience in public health and leadership. She worked here in the 90's before going to MDCH to head up Immunizations and most recently oversaw the

Communicable Disease Division. Her background and relationships within Kalamazoo County and statewide will be an incredible asset not only to HCS but to our entire community. 🌸



Alzheimer's Care Grant

Comedian Seth Rogen and his wife Lauren Miller Rogen know as well as you and I do that there's nothing funny about Alzheimer's disease. Lauren's mom was diagnosed at age 55.

While Alzheimer's is the opposite of funny, comedy is what Seth does best. So he and Lauren established Hilarity for Charity®. Money they raise by hosting comedy fundraising events will be directed to support research, awareness, and [care for families struggling with Alzheimer's care](#).

Hilarity for Charity and Home Instead Senior Care® are working together to award [Alzheimer's care grants](#) to families providing care to a loved one living with Alzheimer's disease or other dementias.

[Home care services](#) will be provided by your local Home Instead Senior Care franchise through CAREGiverssm specially trained in [Alzheimer's care](#).

To be considered for an Alzheimer's care grant, simply fill out and submit a [grant application form](#).

[Go to Alzheimer's Care Grant Application](#)

Cat Koehler
Home Instead Senior Care

Article condensed

Home for the Holidays?

The National Center on Elder Abuse has a helpful publication on what you should be looking for when visiting elderly loved ones during the holidays. The article issues questions such as:

If living with another, [is your loved one] dependent on that person for care? Is that person an appropriate caregiver? ►

Does the caregiver understand the medical conditions that the elder has?

How can you make the most of your visit and ensure they are aging with respect and dignity? Read more and find links to related resources at [Home for the Holidays](#) .



A Matter of Balance: Managing Concerns About Falls

A Matter of Balance program is looking for coaches to teach workshops in the community!

Training is: Tuesday & Thursday, December 2 & 4, 2014, from 8 am to 12:30 pm, at Health & Community Services, 3299 Gull Rd., Kalamazoo.

Qualifications include:

- Good Communication and Interpersonal Skills
- Enthusiasm, dependability and a willingness to lead small groups of Older adults
- Ability to lead low- to moderate-level exercise

The informational flyer is at : www.kalcounty.com/aaa/ >Spotlight On >Looking for Volunteer Coaches.

For more information contact Marilyn Reed, Master Trainer, at (269) 373-5224 or mjreed@kalcounty.com.



MANAGING CONCERNS ABOUT FALLS

Healthy Living Programs are all evidence-based for success.

For a schedule of classes coming up after the first of the year, visit [Workshop Schedule](#)



Personal Action Toward Health (PATH)

We are pleased to announce our partnership with the WMU Homer Stryker M.D. School of Medicine and welcome three medical students who will be doing a service learning project over the next two years.

For information on **PATH Diabetes PATH or Chronic Pain PATH** workshops; or if you are interested in future training opportunities to become a volunteer coach to teach these classes, please contact Norma Bour, MSRD, Master Trainer, at (269) 373-5382



Custom Care

Concerned about a loved one, older client, or...yourself?

Call our Custom Care program for professional, unbiased and confidential consultation: (269) 373-5173 • www.kalcounty.com/aaa

Peace of Mind

 **Area Agency on Aging^{IIIA}**
Kalamazoo County
Health & Community Services

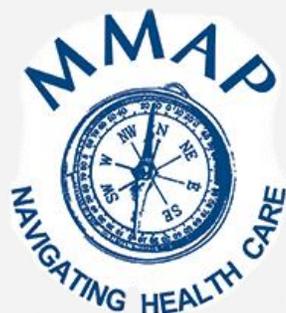
Medicare Open Enrollment

Medicare's Fall Open Enrollment Period Takes Place October 15 through December 7

The Medicare Rights Center urges everyone with Medicare who is enrolled in a private Medicare Advantage health or Part D drug plan to use the Fall Open Enrollment Period to review their choices. Because plans make changes to their benefit packages every year, even people who are currently satisfied with their plan should review their coverage. Those enrolled in Original Medicare can also decide to switch to a private plan or choose a new stand-alone drug plan at this time.



“Contact the Medicare Medicaid Assistance Program (MMAP) to talk with an unbiased counselor... 1-800-803-7174.”



During the Fall Open Enrollment Period, Medicare beneficiaries have the right to make as many changes as they need, and the last change they make on or before December 7 will go into effect on January 1, 2015.

To review their coverage options, beneficiaries can use the Medicare Plan Finder tool at www.medicare.gov or call 800-MEDICARE. Plan Finder makes available important information about health and drug plans, including information about pharmacy networks, cost sharing and coverage rules. Medicare Rights recommends that beneficiaries call their current plan or any plan that they are considering to confirm the information they pull from Plan Finder. As a best practice, beneficiaries should keep a record of their conversations with plan representatives. Additionally, Medicare Rights recommends enrolling in a plan by calling 800-MEDICARE rather than the plan itself.

For a list of questions to ask before joining a Medicare Advantage or Part D plan, visit [Medicare Interactive](#). Beneficiaries who prefer to speak with a counselor can call the Medicare Rights Center's toll-free helpline at 800-333-4114. Counselors are available Monday through Friday.

Contact the Medicare Medicaid Assistance Program (MMAP) to talk with an unbiased counselor or schedule an appointment to meet in person to obtain free health care benefits counseling assistance: 1-800-803-7174. Or visit www.mmapinc.org for current information.

[Click here to read the “6 Things to Know about Fall Open Enrollment”.](#)

[Click here to read the New York Times article, “Beware of Shifting Options Within Medicare Plans”.](#)



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

~Helen Keller

Staff News

Welcome back...again... to **Ann Rozsi, LMSW**, permanent part-time Care Consultant with our Choices for Independence Program. Ann makes calls and home visits to help seniors explore their options to age in the place of their choosing.

November Anniversaries:

Judy Sivak, MSW, 17 years

Laurie Palanca, LLBSW – 6 years

Judy Adlam, LMSW – 4 years

Don Saldia, RN – 1 year

Congratulations! It's wonderful to work with such dedicated professionals at AAAIII.

Happy Holidays!

From all of us here at AAA, we wish you the healthiest and happiest holiday season. Please make sure you read the good article, *Home for*

Happy New Year!

the Holidays, linked on page 4.

We hope 2015 will be a year of increased focus on the needs and desires of our aging population.



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