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Holiday Schedule

OFFICE CLOSED on the following dates:

November 24 & 25

December 23 & 26

January 2, 2017

Area Agency on Aging IIIA The Advisor



November/December

2016/Issue 6

Holiday Cheer Donations Collection



The holiday season is upon us and for many, arrives with opportunities to get together with friends and family to share holiday cheer. We are also reminded during this time of year, of those among us who may not have family or friends to celebrate with; or that the responsibilities of caregiving may become more stressful with the pressures of the holidays. Therefore, it is a great time for us to take a moment and reflect on what we do every day and think about what more can be done to meet the needs of our clients? Consider volunteering at a community center, your church, or visiting a shut-in. Maybe you could send a card, or write a short note, or help a caregiver by providing them with respite or a meal. Any gesture is beneficial, and not only to the recipient. Research informs us over and over again, how much our health and happiness improve

when we give to others. Giving to others decreases blood pressure and depression; increases our self-esteem and decreases stress.

For the past few years, the Area Agency on Aging, IIIA has provided holiday cheer to client's without family or who have limited social connections, by giving them a gift of goodies in early December. Last year we provided gifts to 60+ clients, and expect at least that amount this year. A new blanket, socks and gloves or mittens. A box of all occasion cards or gift cards to local stores so they could purchase a much needed item of their choice. Little gestures, that bring a bit of cheer and the message that they are cared for and cared about.

We would like to invite you to share in this gift giving, by considering a donation to this worthy endeavor. Items we are looking for include but are not limited to:

Bath or kitchen towels, wash clothes, cat or dog food or toys; flashlights, gloves, hand lotion, hats, lap blankets, loofa or bath sponges; crossword, word search or Sudoku puzzle books; Metro County Connect coupons; scarves, notepads, non-slip socks/slippers (various sizes); or specialty/seasonal non-perishable foods. We are also looking for gift cards to a local store such as Meijer's, Harding's or Walmart.

If you are interested in making a donation of the above or other items, please bring the item to our office by December 6th, or call Judy Hayes to arrange a pickup (269)-373-5258.

2016



Sunday, November 6,
2:00 AM

Clock Backward



Mark Your Calendar

**Thursday, Nov. 10:
Identifying and
Treating Hoarding
Disorders**, guest speaker
Laura Loker, LMSW,
8:00 to 11:30 AM at
Borgess Lawrence
Education Center.

This seminar is open to
all professionals as well
as the public.
Continuing Education for
Social Workers are
available at this event
(3.5 CEU).

Cost for this event is \$20
Sign up for this event
through

www.kalamazoohoarding.org
or www.smkazoo.com

**Friday, Nov. 11:
2016 Veterans Day
Ceremony**, 2:00 PM at

Rose Park Veterans
Memorial.
(bad weather location:
Arcadia Ales, across
the street),
Commissioner Mike
Quinn, Senator
Margaret O'Brien, and
Veterans Service
Office Coordinator,
Mike Hoss, will speak.
Everyone's invited to
come and honor our
veterans.

**Friday, Nov. 18:
Professionals Focused
on Aging meeting**,
8:00 to 10:00 AM at
Senior Services, 918
Jasper St., Kalamazoo.
*Food Security for
Older Adults*, with
WMU's Amy B.

Curtis, PhD, MPH.
Donations will be
collected for Kalamazoo
Loaves & Fishes.

**Monday, Nov. 21:
KCASI meeting**. 1:15 to
2:45 PM at Senior
Services, 918 Jasper St.
See article page 3.

**Friday, Dec. 16: PFA. No
Meeting—Just Eating!**,
8:00 to 10:00 AM at
Michelle's, 4010 Gull Rd.,
Kalamazoo. Breakfast
Buffet \$9.99.
For more information,
please contact Kimberly
Middleton, Life EMS
Ambulance, at
269-373-3104 or
kmiddleton@lifeems.com.

Veterans Community Partnership Presents PTSD

A seminar, Post Traumatic Stress Disorder: Overview, Treatment, and Comorbidities Among Veterans, will be held on Thursday, November 17th from 8:30 – 11:00 AM at Battle Creek VA Medical Center, Building 138, Theatre. Guest speakers: Joan McDowell, PhD and Jessica Rodriguez, PhD.

[Click here](#) to register. One CEU pending for physicians and nursing.

For more information on this event contact Kirsten Dzialo, Veteran Community Partnerships Coordinator at (269) 966-5600 ext. 31644 or Kirsten.Dzialo@va.gov.

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

Good article from Center for Medicare Advocacy:

[Home for the Holidays: Leaving the Nursing Home During a Medicare
-Covered Stay](#)



“Why Celebrate Elderhood?” is the topic of November’s program on Monday, November 21st. Judy Sivak, co-chair of the Celebrate Elderhood initiative will be the speaker, with an interactive and thought-provoking program about this ground-breaking project.

The November meeting is also the last meeting of 2016. Membership applications will be available at the meeting for those who wish to get a jump on renewing their membership for 2017, or for first time members to join. Bring a friend, colleague, or relative and learn about senior issues.

KCASI Sponsorship information will be available in December. Please visit the KCASI Facebook page at

www.Facebook.com/KalamazooCountyAdvocatesforSeniorIssues
or call (269) 373-5147.

Many Thanks to Sponsors for their Support:

- Aetna, Inc.
- Area Agency on Aging IIIA
- Blue Cross Blue Shield Michigan
- Borgess Health
- Care N Assist
- CentraCare
- Disability Network Southwest Michigan
- Fresh Perspective Home Care
- Guardian Medical Monitoring
- Hallmark Homecare
- Hospice Care of Southwest Michigan
- New Friends Dementia Care & Assisted Living
- Portage Area Charities Fund
- Presbyterian Villages of Michigan–The Village of Sage Grove
- Q Elderlaw PLC
- Right at Home
- Senior Services Southwest Michigan
- Stay Home Companions

Celebrate Elderhood!

Be part of the movement in Kalamazoo County that is challenging stereotypes and bringing awareness to aging issues, showing how elderhood enriches individuals, families and our community. You can help by nominating your favorite business, service provider or faith community who exhibit best practices or innovations in serving elders; or, an employee who should be recognized for their passion and excellence.

Nomination forms are located at www.kalcounty.com/aaa and click Celebrate Elderhood. The website will also have nomination forms for scholarships as well as articles about the myths and realities of aging and a donation form. Don’t forget about the 99+ year olds you might know...we are looking to gather information about where they are at as we have a special luncheon to invite them to.

Stay tuned to the website for updates on upcoming community events that are partnered with Celebrate Elderhood. Contact Brien with contact information or questions at 373-5239.



Senior & Caregiver Expo Anniversary Event



The Senior & Caregiver Expo successfully celebrated it's 20th anniversary on October 4th with over 120 exhibitors providing information on resources for an enthusiastic crowd. Erin Van Groningen and Dr. Michael Raphelson presented workshops on Alzheimer's/Memory Loss and End-of-Life Issues, respectively, which were well received. Bronson and Borgess hospitals provided free health screenings as well as flu shots. We hope that you were there and greeted by one of our wonderful celebrity volunteers. Many thanks to the sponsors and the Kalamazoo Expo Center and everyone responsible for making this one of the best of it's kind in the State.

Didn't attend? Then, make sure you mark your calendar for the 2017 Expo scheduled for October 3rd!

It was a Great Day to Walk to End Alzheimer's!

Area Agency on Aging staff and family members joined in the Walk to End Alzheimer's on Sunday, Sept. 18th at Mayors' Riverfront Park.

Thank you, AAA social worker, June Scarberry, (2nd from right), for organizing our team! Proceeds raised went to the Alzheimer's Association to help find a cure.



Carol Anne Lou April Judy Jerry June Jackson

HEALTHY LIVING PROGRAMS

The Kalamazoo County Health & Community Services Department and the Area Agency on Aging, Region IIIA, encourage community members to participate in Healthy Living Programs. The programs are evidence based, meaning that they have been well researched and proven to work.

Classes are free; donations are accepted and appreciated.

MOB Class
Calendar



A Matter of Balance: Falls Prevention 8-Session Workshops



MANAGING CONCERNS ABOUT FALLS

Thinking about Retiring?

Don't retire, continue to be active and involved. Volunteer!

The Area Agency on Aging IIIA is looking for volunteers for our evidence based program *A Matter of Balance*. Our volunteer coaches help participants manage falls, learn ways to reduce their fears about falling, increase activity, and exercise to build strength and improve balance. The classes the coaches teach are held once a week for 8 weeks; 2 hours each.

To be a coach you need enthusiasm, dependability, and a willingness to lead small groups of older adults. We have a new coach training on November 29th and 30th, from 8:30 AM to 12:30 PM. Please contact Marilyn Reed to learn more about this exciting opportunity! (269) 373-5224, or email mjreed@kalcounty.com.

Check out the MOB Class Calendar and PATH Class Calendar links for the current schedules of classes being held in various sites around the County.

PATH Class
Calendar



Personal Action Toward Health 6-Session Workshops



The Area Agency on Aging seeks leaders for Chronic Pain PATH (Personal Action Toward Health), a workshop that teaches practical skills for living a better life with long term pain—whatever the cause. The workshop focuses on self-care, learning new coping strategies, and sharing personal experiences with other group members. As a Chronic Pain PATH Co-Leader, you will provide participants with the tools and skills they need to manage their long term pain to live healthier lives.

A four-day training will be held in Kalamazoo:

Tuesdays & Thursdays

Dec. 6, 8, 13 & 15

9:00 AM to 5:30 PM each day

Applications now available

Please contact Norma Bour by phone: (269) 373-5382, or email: nsbour@kalcounty.com.

I&A Corner

Information & Assistance Line (269) 373-5173

Planning for the Future and End of Life *(Excerpted from the National Institute on Aging at NIH)*

Planning for the future can help caregivers during an illness or emergency. [Take these steps](#) to get your affairs in order and make things easier for your loved ones:

- **Put important papers and copies of legal documents in one place.** Set up a file, put everything in a desk drawer, or list the information and location of papers in a notebook. Check each year to see if there’s anything new to add.
- **Tell a trusted family member or friend where you put your important papers.** They’ll need this information in an emergency.

Give permission in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not have access to the information they need. You can give your permission in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

Learn more about the [types of legal documents](#) you might need as you plan for the future. Making care decisions for a person with dementia near the end of life can be hard for caregivers. Because people with advanced dementia can no longer communicate clearly, they cannot share their wishes and concerns. You may want to ask the health care team:

- How will the approach the doctor is suggesting affect the person's quality of life? Will it make a difference in comfort and well-being?
- If considering home hospice for the person with dementia, what will be needed to care for him or her? Does the facility have special experience with people with dementia?
- What can I expect as the disease gets worse?

Learn more about [dementia at the end of life](#).

Check out these great offerings:
OSHER LIFELONG LEARNING INSTITUTE AT WMU COURSES & TRIPS

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.

**What if nearly
everything we think we
know about aging is
wrong?**

Created by Dr. Bill Thomas, one of the most innovative and creative thinkers working in medicine today, The Age of Disruption Tour brings a radical new approach — and conversation — to growth and aging.



AAIIIA staff and friends with Dr. William Thomas at his "Age of Disruption" tour in South Bend, October 20th.

Michigan Medigap Subsidy

Application start date: Oct. 1, 2016 – Deadline: Dec. 15, 2016 • Subsidy start date: Jan. 1, 2017

The Michigan Medigap Subsidy is a program that helps pay for Medigap coverage. If you qualify, you will pay less for your



Medigap coverage. The program pays part of your premium (monthly cost) and you pay the rest.

You can click the links above for more information. For questions you can call 1-866-824-9772 (TTY: 1-866-824-7002), Monday to Friday, 8:00 AM to 6:00 PM. The call is free.

Or call your local Medicare Medicaid Assistance Program at 1-800-803-7174 and ask to speak to a MMAP counselor.

*Gratitude can transform common days into Thanksgiving,
turn routine jobs into joy,
and change ordinary opportunities into blessings.*

~William Arthur Ward



As Flu Season Approaches, Get Your Community Education Toolkit on Vaccinations!



It's only November, but already flu cases have begun to escalate, several states have already reported deaths, and the media is beginning to cover what this means for older adults. Because as our network knows too well, more than 50 percent of annual flu-related hospitalizations and 90 percent of annual flu-related deaths are in people age 65-plus.

What can you do in your community to help encourage older adults to receive their flu and other critical immunizations?

To reach seniors across the U.S., n4a teamed up with the Alliance for Aging Research's "Our Best Shot" campaign, a public education initiative that urges older adults to get life-saving vaccines and encourage their loved ones to do the same.

The centerpiece of the campaign is a **FREE, easy-to-use community leader toolkit** that has resources to conduct successful workshops on vaccination in older adults. The toolkit includes a short film highlighting how vaccines work and why they are important for older adults, an educational patient brochure, participant quizzes and a slide presentation to guide discussion throughout the workshop—everything a AAA, Title VI or provider needs to host an effective community workshop!

Not yet convinced and want to know how your peers have used the Our Best Shot toolkit? Check out this recorded webinar (at the bottom of the page) that features vaccination experts from the Alliance for Aging Research, as well as two AAA leaders, Cynthia Banks of Los Angeles County and Kristie Sharp from the Atlanta Regional Commission, both of whom led their agency's pilot site efforts to test this toolkit.

Please also share this new resource widely with providers and other aging and health allies in your community!

Grant Received to Address Vulnerable Adult Abuse

The AAAIIA is pleased to announce that it has been awarded a PREVNT Grant in the amount of \$76,180 from the State Dept. of Health & Human Services, Aging & Adult Services Agency, for the purpose of hiring an Investigative Teams Coordinator. This position will work with the Kalamazoo County Elder Abuse Prevention Coalition and assist in the development and coordination of one multi-disciplinary vulnerable adult abuse team and three specialty teams that include Elder Death Review, Financial Exploitation, and Hoarding.

November is National Family Caregivers Month

Several related articles can be found on this Web site:

<http://www.huffingtonpost.com/news/national-family-caregivers-month/>

Creating Confident Caregivers[®] classes, facilitated by the AAAIIA, will be scheduled for 2017. Call Patti Stratton, LLMSW, Master Trainer, for information about these classes, at (269) 373-5141.

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



Your Connection to Information & Community Supports

Have a

Healthy,

Joyful,

Holiday Season!

from the

AAAIIA staff



AAAIIA News

**We Celebrate Staff Anniversaries
in November:**

Judy Sivak, MSW, Director of the
AAAIIA—19 years

Laurie Palanca, LLBSW, Information
& Assistance social worker—8 years

Judy Adlam, LMSW, Care
Consultant & I&A social worker—6
years

Don Saldia, RN, Care Consultant—3
years

Thanks for your commitment and
professionalism extended to the
community we serve.

A YEAR
FROM NOW
YOU WILL WISH
YOU HAD STARTED
TODAY

KAREN LAMB

Happy

New Year!

**Welcome to WMU School of
Medicine first year students:**

John Becker, Conner Holthaus,

Yoad Porat, Kyle VanDommelen,

Janani Veluchamy.