

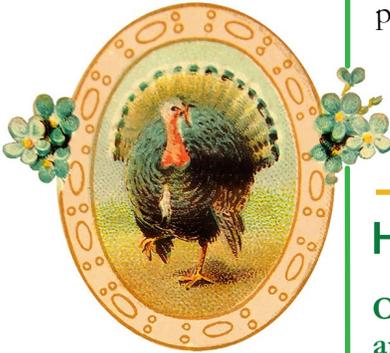
Inside this issue:

Mark Your Calendar	2
Healthy Living Programs	4
November is Family Caregiver Month	5
Our Holiday Gift Donation Suggestions	7
News from AAAlIA	8
<i>and more!</i>	

OFFICES will be CLOSED on the following days:

Thursday, Nov. 22 & Friday, Nov. 23

THANKSGIVING holidays



Monday, Dec. 24 & Tuesday, Dec. 25

CHRISTMAS holidays



**Tuesday, Jan. 1, 2019
NEW YEAR'S DAY**



KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance

Health and Community Services Department

Area Agency on Aging IIIA The Advisor

November/December

2018/Issue 6

Tuesday, November 6th—Exercise Your Right to VOTE!

The mid-term elections are a few days away, and the polls will be open from 7 AM to 8 PM. Voters will be asked to present an acceptable photo ID to vote; however, voters who do not have an acceptable form of ID or failed to bring it with them to the polls still can vote by signing a brief affidavit stating that they're not in possession of a photo ID. These ballots are included with all others and counted on Election Day.

Michigan citizens will be electing a new governor, federal, state and local legislators, and more. State proposals on the ballot pertain to legalizing marijuana, establishing a commission to address redistricting, and a constitutional amendment on voter rights.

Information can be obtained on the Web. Here are useful links:

Michigan Voter Information Center
<https://webapps.sos.state.mi.us/MVIC/>

League of Women Voters® Kalamazoo Area
<http://www.lwvka.org/>

Your local library can provide information, also.



Holiday Gift Baskets

On December 13th the Area Agency on Aging staff will assemble and deliver gift baskets for approximately 60 of our Choices for Independence clients who we've identified as most likely to have no one else to remember them during the holidays.



If you would like to donate to this effort, that would be very much appreciated. Your gift may be tax deductible. Receipts will be provided for your donation. If you have questions, please contact Judy at 269.373.5258 or at jahaye@kalcounty.com, or call the AAA main line at 269.373.5147.

A suggested list of needed items are on page 7.

"It's not how much we give but how much love we put into giving."

— Mother Teresa

Mark Your Calendar



**Tuesday, Nov. 6—
VOTE!**

**Wednesday, Nov. 14—
OASAC Meeting, 3:30 PM.** This month's meeting will be held at Vineyard Assisted Living, 8170 Vineyard Pkwy., Kalamazoo. Check Web site for changes/cancelations.

**Thursday, Nov. 15—
AAA/CFI Providers' Meeting, 3:00 PM** at HCS Dept., Room 361.

**Friday, Nov. 16—
Professionals Focused on Aging Meeting, on The Direct Care Worker Crisis, 8:00 AM** at Senior Services, 918 Jasper St., Kalamazoo.

**Monday, Nov. 19—
KCASI Meeting, 1:15-2:45 PM** at Portage Senior Center, 320 Library Ln., Portage.

**Wednesday, Dec. 12—
OASAC Meeting, 3:30 PM** at HCS Dept., 311 E. Alcott St., Room 361.

Check the Web site for changes/cancelations.

**Friday, Dec. 14—
Professionals Focused on Aging, Holiday Breakfast—No Meeting, Just Eating, 8:00–10:00 AM** at Michelle's, 677 Romence Rd., Portage. The cost of breakfast and beverages are not covered.

**PATH Classes
coming again in
2019**

Senior Expo was a Great Event

Oct. 2-Kalamazoo County

The 22nd annual Senior Expo was a free event, with approximately 2,000 seniors, caregivers, and others in attendance, getting flu or pneumonia shots and gathering information. We appreciate the over 120 exhibitors who were there. A

popular feature was the many photos of old Kalamazoo landmarks allowing folks to pause and take a look back. The door prize drawing awarded gift cards to three lucky winners.

We want to thank our sponsors who helped make this event possible:

Gold Sponsors: Ascension/Borgess Hospital, Bronson Hospital. Silver Sponsors: Heritage Community of Kalamazoo, Senior Services Southwest Michigan, SW Michigan Spark. Bronze Sponsors: Beltone Hearing Center, Betzler Life Story Funeral Home, Lakeshore Home Health, Langeland Family Funeral Homes, Life EMS Ambulance, MeridianCare, Park Village Pines, Pride Care Ambulance, Priority Health, Right at Home In-Home Care, WMU Aging Services.

We'd also like to thank the staff of the Kalamazoo County Expo Center for their support and assistance with this event. And, last but not least—many thanks to Steve Ellis for the pictures of bygone Kalamazoo!

[The Area Agency on Aging table was] "one of the most informative. As a matter of fact, I signed up for your classes." ~ Sharon

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

Kalamazoo County
Government

Health & Community
Services Department

Anne Zemlick, RN, BSN,
Director

More on p. 3

Senior Expo 2018 at the Kalamazoo County Expo Center



Thanks for coming!



*See you at the next
Senior Expo
October 1, 2019*



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

Next Class:

Portage Senior Center, 320 Library Ln.

January 14—March 4, 2019

1:30 to 3:30 PM

Classes are free—donations are appreciated.

****Must register in advance****

Please call Portage Senior Center

269.329.4555

A Matter of Balance

Looking for Volunteer Coaches
Become A Matter of Balance
Coach. It's free!

February 11 & 12, 2019

12:30–4:30 PM

What do you need to be a coach?

- *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*

For more information about classes, training, and schedules, please contact:
Kelly Milliman, LLBSW, Master Trainer at 269.373.5021



CREATING CONFIDENT CAREGIVERS®

Creating Confident Caregivers®

Creating Confident Caregivers is a program for those caring for loved ones 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 stress of caregiving.

The next class is anticipated for March 2019. Please check back later for more details.

Patti Stratton, LMSW, Master Trainer, PH. 269.373.5141 or Email: psstra@kalamazoo.org

The Rotary Club of Kalamazoo–Sunrise and the Kalamazoo County Veterans Service Office
invite the community to the

2018 Kalamazoo County Veterans Day Ceremony

Sunday, November 11, 2018 at 2:00 PM

Rose Park Veterans Memorial (E. Michigan Ave. at King Hwy.)

Bad weather location: Arcadia Ales (just across the river from Rose Park)



November is National Family Caregivers Month

“Supercharge Your Caregiving”

Caregivers are superheroes. Managing medications. Getting to doctor appointments. Balancing work and home. How can family caregivers handle it all? Even superheroes need tools! Thankfully, new caregiving tools can help lighten the load.

Think Safety First

If your elderly loved one is aging at home, safety and security is your first priority. You can't be there with them every minute of the day. But all sorts of gadgets can help keep them safe, maintain their independence, and relieve some of your worries. Wearable sensors can monitor a patient and contact family members if their loved one falls or if an emergency occurs. Smart homes and smart locks can help, too.

Unlock the Power of Medical Records

Information is power, and caregiver access to online patient medical records is getting easier and more powerful every day. With online patient portals you can get your loved one's health and insurance information how and when you need it. Join the millions of family caregivers who have already accessed their loved one's online medical records to improve care.

Master the Medications

One of your most important daily responsibilities is managing medications – making sure they are taken properly and on time, getting refills, and watching for side effects. Your loved one may have more than one illness and have to take several medications. Tech tools are an easy, safe way to track your loved one's meds and make caregiving a bit less stressful.

Unleash the Power of Apps

Caregiving is overwhelming and you simply can't do it all by yourself. Luckily, there are many apps and tools that can help caregivers do almost anything from A to Z. Check your loved one's vital signs. Locate them with GPS if they wander off. Get healthy eating plans at the touch of a button. Or connect with caregiver support groups and online communities. Use apps to streamline your tasks so you can get a break and take a few minutes to recharge your own batteries.

Not all superheroes wear capes. You are rising to the demands and challenges of the caregiver role every day. Take advantage of tools that can help you stay on top of it all and help you restore some balance to your life.

For more, visit [Caregiver Action Network at CaregiverAction.org](http://CaregiverActionNetwork.org)

Kalamazoo County Advocates for Senior Issues



When: Monday, November 19th

Time: 1:15 — 2:45 PM

Location: Portage Senior Center, 320 Library Lane, Portage

Topic: Lessons from “Blue Zones”

Gillian Stoltman, PhD., M.P.H., former director of the Kalamazoo County Health & Community Services Dept. and Judy Sivak, M.S.W., former director of the Kalamazoo County Area Agency on Aging, will share their insights on the topics of longevity and happiness from research around the world. Learn what you can do as an individual as well as what we can do as a community to improve health and happiness.



For more information on KCASI, visit www.KCASI.net
or on Facebook at <https://www.facebook.com/KalamazooCountyAdvocatesforSeniorIssues/>

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.



Are you looking for a holiday remembrance for a friend or family member? Consider giving the Gift of OLLI by purchasing a gift membership. There are still two terms to enjoy this year, as well as all the other member benefits listed below. You'll be offering someone opportunities for courses and trips, including another person with whom you might want to take OLLI courses and helping to spread the word about OLLI, all while avoiding the holiday traffic!

The Osher Lifelong Learning Institute at Western Michigan University (OLLI) offers courses and trips for mature adults throughout the year. There are no tests and homework, if any, is minimal. Inexpensive courses cover a broad range of topics including history, the arts, health, science, current events, spirituality, and many others. Members get discounted rates on courses and trips, along with other benefits. Scholarships are also available to cover the cost of classes. To learn more, see wmich.edu/olli or telephone the OLLI office at 269-387-4200.

A New Phone Scam!

There's a new phone scam targeting Social Security beneficiaries that advocates for older adults should be aware of. The Federal Trade Commission is warning that scammers are engaging in a caller ID trick called "spoofing" to make it appear that they are calling from the Social Security Administration (SSA).

These phony callers claim to work for SSA and ask for personal information—such as the individual's Social Security Number—supposedly in order to process a benefit increase. These scam artists have also tried to get this information by claiming that the person's benefits will be cut off if the personal information isn't provided. [Read the FTC's warning](#) to learn more, including where to report such calls, and what people should do if they get one of these calls.

holiday gifts, from p. 1

AAAIIA 2018 Holiday Gift Baskets –	Suggested items to be purchased/donated
All Occasion Cards or Thank You Notes (small package)	Notepads
Cat Toys, Treats, and Food	Magazines/Crossword/Word Search
Dog Toys, Treats, and Food	Word Search or Sudoku, large print
Dish Towels and cloths	Microwave heat packs
Flashlights	Deodorant
Knit caps	Shampoo
Gloves	Tooth Brushes, Toothpaste
Socks, non-slip	Mouthwash
Scarves	Hand lotion
Lap Blankets	Bath Towels, Wash Cloths
Walker Bags (for personal items, to be hung on a walker)	Loofa or Bath Sponge
Fresh Fruit	Body Wash
Metro Coupons	Gift cards: Meijer, Walmart, Harding's or Target

Questions? Please contact Judy at 269.373.5258, jahaye@kalcouny.com, or call 269.373.5147.

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.

CONGRATULATIONS to Lisa Fuller for being recognized as the **MMAP Regional Coordinator of the Year** for 2018! Lisa has been providing information on Medicare and Medicaid to Kalamazoo residents for years, and is responsible for training and updating the fabulous volunteers who help her do this vital work. **Open Enrollment time for Medicare is going on now.** If you have any questions or need assistance deciding which plan is right for you, contact Lisa and her team to help. Call MMAP at 1-800-803-7174 or check out their Web site at: www.mmapinc.org.



Kalamazoo County
Area Agency on
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Kalamazoo, MI
49001



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

AAAAIIA News

Goodbye to Anne Zemlick, RN, BSN, Director

On December 7th Anne retires from the Area Agency on Aging IIIA, after 13 years with the agency, first as Manager of the Care Management program (later Choices for Independence) and then Director. In her work as a nurse, a leader, and champion of elders, she has been a tireless advocate and will be sorely missed. We wish her all great things for her future.

A BIG THANK YOU to these wonderful staff members celebrating anniversaries with the Area Agency on Aging!

November –

Laurie Palanca, LBSW, Information & Assistance —10 years

Judy Adlam, LMSW, Care Consultant—8 years

Don Saldia, RN, BSN, Program Manager—5 years

Kelly Milliman, LLBSW, Care Consultant & Matter of Balance Master Trainer—2 years

Shae McKinnon, LLMSW, Care Consultant—1 year

December –

Allan Puplis, RN, MSN, Care Consultant—1 year

Kelly Sutcliffe, RN, Care Consultant—1 year

