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# Area Agency on Aging IIIA The Advisor



September/October

2016/Issue 5

## It's Senior & Caregiver Expo time!

**BE OUR GUEST** at the 20<sup>th</sup> Anniversary of the Kalamazoo County Senior & Caregiver Expo, happening on Tuesday, October 4<sup>th</sup> at the Kalamazoo County Expo Center & Fairgrounds on Lake Street from 9:00 a.m. to 3:00 p.m.

When entering the expo center, you might encounter celebrity greeters. Stepping through the doors you might find live musicians and cheerful people willing to help you find your way to a favorite exhibitor. Our supporting sponsors are eager to help you on your scavenger hunt that will result in a drawing for gifts.

But most importantly, this expo is aimed at seniors, caregivers of all ages, “boomers,” and professionals—each will find something that will improve their knowledge of community resources. And, for vendors who haven't registered yet, we still have room – please contact Janice at (269)373-5147, or email [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com).

Attending to one's health is important for everyone. Be sure to visit Borgess and Bronson Hospital areas to receive a flu shot or get tested for cholesterol, blood pressure and blood sugar. They will also be providing memory screening and information about the many services they offer the community.

Last year our Ask the Experts workshop was standing room only. This year, we will have two popular workshops; one at 10:00 a.m. with Erin VanGroningen of the Alzheimer's Association focusing on normal memory loss and Alzheimer's disease. At 1:00 p.m. Dr. Michael Raphelson, Medical Director of Southwest MI Hospice is back to talk about new changes in end of life care and the importance of advance directives.

Many thanks to all of our sponsors who are making this Platinum Year the best ever:

**Platinum:**

- BorgessHealth
- Bronson Healthcare

**Silver:**

- Blue Cross Blue Shield of MI
- Heritage Community of Kalamazoo
- New Friends Memory Care and Assisted Living
- Senior Services Southwest Michigan
- Sonus Hearing
- SW Michigan Spark

**Bronze:**

- Adult Day Services at Oakland Centre
- Betzler Life Story Funeral Home
- Center for Vein Restoration
- Center Medical Supply
- Langeland Family Funeral Homes
- Life EMS Ambulance
- Park Village Pines
- Priority Health
- Right at Home



**There's still space for EXHIBITORS!**

[Exhibitor Registration](#)  
[Check Payment Registration](#)

[Credit Card Payment Registration](#)

**Monday, Sept. 5th:  
Labor Day  
Offices Closed**



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jgboni@kalcounty.com

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

#### HEALTH NETWORK

**ALERT**—The Centers for Medicare and Medicaid Services (CMS) has issued a Request for Information to learn if health care providers and provider-affiliated organizations are steering people eligible for or receiving Medicare and/or Medicaid into individual Marketplace plans. If providers and provider-affiliated organizations are doing this so they can obtain higher payment rates, CMS wants to hear from the public about circumstances in which steering may be taking place and the extent of such practices. [If you have clients who have experienced steering, tell CMS.](#) Deadline for comments is September 22<sup>nd</sup>.

## Mark Your Calendar

**SUNDAY, SEPT. 11:**  
**Generation Celebration,**  
Portage. *See p. 8*

**SATURDAY, SEPT. 17:**  
**Countywide Senior  
Festival, Music Makes  
Friends,** 1:00–6:00 PM,  
Comstock Park, River St.  
& Comstock Ave. Rain or  
shine.

**MONDAY, SEPT. 19:**  
**KCASI Meeting.**  
Candidate forum for  
County Commissioners.  
1:15 PM at Senior  
Services, 918 Jasper St.  
*See article p. 6*

**FRIDAY, SEPT. 23:**  
**Professionals Focused  
on Aging (PFA),** 8:00  
AM at Senior Services,

918 Jasper St. Ann  
Crabb, PhD,  
psychologist from  
Borgess Behavioral  
Health will present on  
hoarding.

**FRIDAY, SEPT. 23:**  
**Veterans Stand  
Down.** 9:00 AM to  
2:00 PM, Salvation  
Army, 1700 S. Burdick  
St., Kalamazoo. Stand  
Downs are part of the  
VA's efforts to provide  
goods and services to  
homeless veterans. For  
more information you  
can contact the  
Veterans Service  
Office at (269)373-  
5361.

**MONDAY, SEPT. 26:**  
**Candidate Forum—MI  
House seats.** 7:00 PM at  
Portage Senior Center.  
*See p. 6*

**TUESDAY, OCT. 4:**  
**Senior & Caregiver  
EXPO,** 9 AM–3 PM. *See  
front page.*

**WEDNESDAY, OCT. 12:**  
**Project Connect,** 12  
noon–4 PM, Call for  
information (269)373-  
5163

**MONDAY, OCT. 17:**  
**KCASI Meeting.**  
Candidate forum for  
Kalamazoo County  
offices. 1:15 PM Senior  
Services. *See p. 6*

**FRIDAY, OCT. 28: PFA,**  
8:00 AM at Senior  
Services. Lisa Fuller  
provides Medicare updates.

## AAAIIA Receives National Award

In August, we were honored with a 2016 Aging Achievement Award from the National Area Agency on Aging Association for “Improving the Quality of Life & Care for LGBTQ Elders,” in partnership with Kalamazoo Gay Lesbian Resource Center. One of the products is a long-term care Resource Guide\*.



Pictured left to right,  
Heather Sellar, V.P. of  
Managed Care and  
Independent Living,  
CST; Anne Zemlick, RN,  
and Judy Sivak, Director,  
AAAIIA; and Joe Ruby,  
2014-2016 n4a President.

\*Find the RESOURCE  
GUIDE at this link:[http://  
www.kalcounty.com/  
aaa/lgbtq.htm](http://www.kalcounty.com/aaa/lgbtq.htm)

*See related item next page.*

## State of Michigan Pays Special Tribute to AAAIHA in Recognition of N4A Award



For “stellar efforts” in increasing awareness of resources among LGBTQ elders, and educating direct-care workers and professionals as to the special needs of LGBTQ elders, Rep. Jon Hoadley (Dist. 60) paid a visit to our August 17th Advisory Council meeting to bestow this tribute, signed by Gov. Rick Snyder, Senator Margaret O’Brien, Rep. Hoadley, Rep. Brandt Iden (Dist. 61) Rep. Maturen (Dist. 63), and Rep. Nesbitt (Dist. 66).

We were surprised and overwhelmed by this recognition from our State legislators, and thank Rep. Hoadley for coming to present it.

*Pictured left to right, Anne Zemlick, Rep. Hoadley, and Judy Sivak.*

## I&A Corner

Information & Assistance Line (269) 373-5173

### Senior Housing

We’ve had a number of folks contact our agency to inquire about lists for senior housing. They have searched the internet but have not been able to locate a comprehensive listing, just individual apartment complexes. The Area Agency on Aging IIIA maintains comprehensive listings of the various options for senior independent living in the Kalamazoo County area. We can provide a list that simply includes contact information, or a more detailed list with information on amenities, pet and smoking policies, whether meals and transportation services are available, etc. The lists are divided into three categories: 1) Market Rate (non-subsidized), 2) Subsidized (usually tenants pay 30% of their income for rent) and 3) Tax-Credit Subsidized (rents are set amounts but lower than most market rate rents). In general, market rate apartments are for those ages 55+ and the percentage subsidy apartments are for ages 62+. Note that there are income limits for both subsidized housing options; tenants cannot make over a certain amount in order to qualify.

Additionally, Housing Resources, Inc. maintains a list of all the subsidized senior apartments within Kalamazoo County (tax-credit subsidies are denoted by \*\*). HRI has divided the list into different areas of town, and includes information such as number of bedrooms, bus line availability, type of laundry facility, pet policy and whether the complex accepts adults under age 62 that have a disability.

[http://www.housingresourcesinc.org/sites/default/files/public/documents/copy\\_2\\_of\\_subsidized\\_housing\\_list\\_seniors.pdf](http://www.housingresourcesinc.org/sites/default/files/public/documents/copy_2_of_subsidized_housing_list_seniors.pdf)

Note that individual applications must be completed for each apartment. Applications may be picked up at each complex, or you may call them and ask that one be mailed to you.

If you have questions about senior housing or need a list, give us a call at 269-373-5173 or contact us by email at [lapala@kalcounty.com](mailto:lapala@kalcounty.com).



Have you heard about another great Kalamazoo County initiative? It's called ***Celebrate Elderhood*** and it is designed to bring attention to the issues of aging, challenging misconceptions, and showcasing how this stage of the lifecycle enriches individuals, families, and the community.

The Celebrate Elderhood initiative is facilitated by Judy Sivak, AAAIIA Director, and Don Ryan, Kalamazoo County Older Adult Services Advisory Council Chairman, who along with many volunteers are working on activities to achieve the objectives of the initiative which are:

- Recognize innovations and best practices in services to elders by businesses, faith communities, and service providers
- Recognize elders for their contributions
- Promote scholarships for education and training opportunities in gerontology and related fields
- Promote healthy aging and well-being
- Promote intergenerational awareness and participation in events.

The goal of Celebrate Elderhood is “to set a community standard where elders and the people and organizations that make up the network of service providers are valued, respected, and supported so that Kalamazoo County is known as a great place to grow up and grow old in.”

Watch your local media outlets for information about upcoming events. Learn how your voice can be heard to choose winners in categories such as recognizing best practices that businesses, service providers, and faith communities are already doing. There will also be interesting and informative articles written on a variety of aging issues.

We are also looking for Kalamazoo residents who will be age 100+ in 2017 to be honored at a special luncheon next spring.

Please send contact information for those 100+ now by calling the Area Agency on Aging IIIA at 373-5239.

The fiduciary for Celebrate Elderhood is Kalamazoo County Advocates for Senior Issues (KCASI). KCASI has been around for 15 years working to improve the quality of life for older adults through advocacy and information sharing and is pleased to partner with the many individuals and organizations involved. KCASI is a 501 c3 organization and is accepting donations for Celebrate Elderhood. Call 373-5147 for more information.

Mark your calendar for an event like no other scheduled for May 18, 2017, at the Radisson Plaza Hotel in downtown Kalamazoo. It is there where we will recognize elders and award winners in a variety of categories and celebrate elderhood through film, voice, and music, with local TV personality, Lori Moore, as MC. And, be sure to visit the Celebrate Elderhood table at the Senior & Caregiver Expo, October 4th, to pick up your button and more information about scheduled events.

## 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.

### Looking for Volunteers

#### Make a real difference!

Both Matter of Balance and PATH are offering free Lay Leader/Coach Training to those interested in teaching these small groups of classes. Please contact:  
Marilyn for MOB, (269)373-5224;  
Norma for PATH, (269)373-5382.

### 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.

**Register now for the next class:**

**Day & Dates: October 18 & 25, November 1, 15, 22, & 29**  
**Location: Oshtemo Public Library, 7265 W. Main St., Kalamazoo MI**  
**Time: 2:00 – 4:00 p.m.**

**For questions or to register please contact:**

**Patti Stratton, LMSW**  
**(269) 373-5141**  
[psstra@kalcounty.com](mailto:psstra@kalcounty.com)

### A Matter of Balance: Falls Prevention 8-Session Workshops

MOB Class  
Calendar



MOB is a program designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults. If you are interested in attending the program or becoming a volunteer, click MOB Class Calendar for schedule of classes.

**For more information, please contact:**

**Marilyn Reed, LBSW, Master Trainer, (269) 373-5224 or**  
**Email [mjreed@kalcounty.com](mailto:mjreed@kalcounty.com).**



MANAGING CONCERNS ABOUT FALLS

### Personal Action Toward Health

6-Session Workshops

PATH Class  
Calendar



Developed and tested by Stanford University, PATH helps people learn tools and skills for the day-to-day management of long-term health conditions like arthritis, asthma, diabetes, depression, fibromyalgia and heart disease. PATH helps each person better manage their health conditions and their caregivers; Diabetes PATH and Chronic Pain PATH focus on specific conditions. Click PATH Class Calendar or contact:

**Norma Bour with any questions you may have. Norma is available by phone, (269) 373-5382 or via email, [nsbour@kalcounty.com](mailto:nsbour@kalcounty.com).**





## GENERAL ELECTION PROGRAMS

On **Monday, September 19th**, KCASI holds its meeting and program inviting all of the CANDIDATES IN CONTESTED RACES FOR KALAMAZOO COUNTY BOARD OF COMMISSIONERS to participate in a forum.

The CANDIDATES FOR CLERK, PROSECUTOR, SHERIFF, AND TREASURER will get their turn at a forum at the **October 17th** KCASI meeting.

**1:15 PM – Refreshments & Networking**

**1:30 to 2:45 PM – Meeting and Program**

**Location – Senior Services Coover Room, 918 Jasper St., Kalamazoo**

KCASI programs are free and open to the public. For more information call or email: (269) 373-5147, [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com).

*KCASI—Working to improve the quality of life for older adults and future generations in Kalamazoo County*

### 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
- WMU Aging Services

**Visit the KCASI table at the Senior & Caregiver Expo, October 4th from 9 AM to 3 PM!**

On **September 26th**, the League of Women Voters® Kalamazoo Area and KCASI partner to hold a **CANDIDATE FORUM OF THE CANDIDATES FOR MICHIGAN HOUSE OF REPRESENTATIVES DISTRICTS 60, 61, 63 & 66**. Candidates invited to participate are Alexander Ross, Jon Hoadley, Brandt Iden, John Fisher, David Maturen, Lynn Shiflea, Beth Griffin, and Annie Brown. Open to the public.

**7:00 to 8:30 p.m.**

**Portage Senior Center, 320 Library Lane, Portage**

*Be Informed – It's Your Right!*

## 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.

## Osher Lifelong Learning Institute Fall Classes & Trips

The fall catalog is out and the offerings are amazing. The AAAIHA has catalogs in our office and the information can also be located online at [wmich.edu/olli](http://wmich.edu/olli). Three of our AAA friends are teaching classes this fall: Anne Zemlick, RN, and Patti Stratton, LLMSW, are offering a course called Reinventing Caregiving: Supporting Success through Knowledge and Ingenuity. Kelly Quardokus, elder law attorney, and member of the Older Adult Services Advisory Council, has a course called "CARE Talk – An Elderlaw Road Trip.

[OSHER  
LIFELONG  
LEARNING  
INSTITUTE AT  
WMU COURSES  
& TRIPS](#)



OLLI is growing and seeks additional classroom space for their fall courses geared to the 50 plus crowd. If you have or know of a free space for at least 20 people in the Kalamazoo area, please contact Joyce Dekau at the OLLI office. Her email is [joyce.dekau@wmich.edu](mailto:joyce.dekau@wmich.edu) and her phone number is 269-387-4200. Courses run from two to six weeks with one two hour session each week. AV options are ideal, but not required. Also, the OLLI curriculum committee is always seeking instructors (unpaid) who are passionate about a topic that might be of interest to others. Please visit the OLLI webpage for more information <https://wmich.edu/olli>.

## Alzheimer's Walk

The **Walk to End Alzheimer's** is scheduled for **Sunday, September 18<sup>th</sup>** at the Mayor's Riverfront Park (Home of the Growlers), 251 Mills Street. Registration begins at noon and is followed by a ceremony at 1:00 p.m. The 2 mile walk will begin at 1:30 p.m. If you are interested in walking and raising money to end Alzheimer's please register at [alz.org/walk](http://alz.org/walk) and sign up under the group – Kalamazoo County Area Agency on Aging 3A. Remember to wear the color purple the day of the walk. Please let me know if you plan to walk or simply wish to make a donation. Donations can be given to staff prior to the event or you can make donations on line. If you have any questions, please contact June at [jescar@kalcounty.com](mailto:jescar@kalcounty.com), or (269)373-5325.

Come on out for a great cause, physical exercise, and a lot of fun!



Healthy Aging  
Through Laughter  
Performance by  
the Peer  
Prevention Players

A comedy troupe  
presenting a funny  
variety show full of  
great messages about  
senior health and  
safety.

Book a show today!  
Performances are  
free, but donations  
are accepted. Shows  
require an audience  
of at least 10 people  
and a good  
performance area for  
the 45-60 minute  
show. Call (269) 382-  
0515 Ext. 123, or  
tfurman@  
seniorservices1.org

## OASAC Recommends FY 2017-2019 Services & Providers

At their August meeting, the Older Adult Services Advisory Council recommended the following providers to contract for the services indicated over a three-year period. This is a result of the Request for Proposal process and recommendations from a 7-person review team. We look forward to our new and continuing relationships with these important organizations:

<b>Organization</b>	<b>Services</b>
▪ Counseling at Home.....	Caregiver Counseling
▪ Ecumenical Senior Center.....	Senior Center Staffing/Operations
▪ Legal Aid of Western Michigan.....	Legal Services
▪ Senior Services Southwest Michigan.....	Congregate & Home Delivered Meals Senior Project Fresh; Home Injury Control; Senior Center Staffing/Operations
▪ Shepherd's Center.....	Transportation
▪ South County Community Services.....	Caregiver Supplemental Services
▪ Western MI University Center for	
▪ Disability Services.....	Dementia Adult Day Services

## Celebrate Elderhood presents *Generation Celebration!*

We are pleased to announce the first official activity of the Celebrate Elderhood initiative called "**Generation Celebration.**" Mark your calendar for **Sunday, September 11<sup>th</sup> from 1:00 to 3:00 p.m.** and meet up with lots of your neighbors and friends starting at the Portage Farmer's Market, located at the Portage Senior Center, 320 Library Lane.

September 11<sup>th</sup> also happens to be Grandparent's Day, but you don't need to be a grandparent to celebrate with us. This is for boomers, millennials, elders and youngsters alike! Start out at the Portage Farmers Market where you will find tasty food, crafts, specialty goods and other items from local farmers and other vendors. Then head out and tour the Portage trail, from the Portage Senior Center to Celery Flats, a walk of about ½ mile one-way. Along the way, there will be stations featuring family-friendly events like crafts, games, music, popcorn and a few surprise entertainers!

Generation Celebration is sure to be fun for all ages because healthy aging not only involves physical activity and healthy eating, but also the joy that comes from interacting with people while discovering new things. This event is brought to you by the Healthy Aging Committee of Celebrate Elderhood in partnership with the City of Portage and Portage Senior Center. For more information, contact Portage Senior Center Manager, Kimberly Phillips at 329-4555.

The Celebrate Elderhood initiative seeks to bring attention to the issues of aging, challenging misconceptions and showcasing how this stage of the lifecycle enriches individuals, families and the community.

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

Like Us On  
facebook 

Your Connection to Information & Community Supports



September 11<sup>th</sup> is Grandparents Day. Do something grand! Attend the **Generation Celebration** from 1 to 3 PM starting at the Portage Farmer's Market, at Portage Senior Center. *Read more on page 8.*

*Life would be infinitely  
happier if we could only  
be born at the age of  
eighty and gradually  
approach eighteen.*

*-Mark Twain*

## AAAIIA News

Welcome **Brien Brockway** our new **Quality Assurance & Planning Coordinator**.

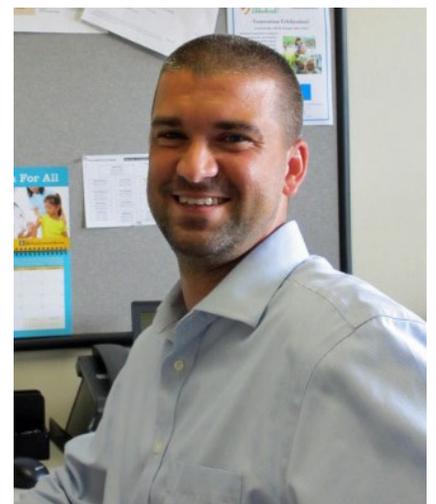
Brien comes to us from Kalamazoo County's Veterans Affairs Office, and is an armed services veteran. We are fortunate to have him join our team!

**Congrats and Awesome Job!** to staff celebrating anniversaries with the AAAIIA:

**Anne Zemlick**, RN, CFI Program Manager, 11 years in October

**Kelly Jonker**, Ombudsman, 9 years in September

**Marilyn Reed**, Care Consultant, 7 years in October



Brien Brockway