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KALAMAZOO COUNTY GOVERNMENT
In the Pursuit of Extraordinary Governance

Health and Community Services Department

Area Agency on Aging IIIA The Advisor

March/April

2019/Issue 2

Changing, Growing & Moving Forward

I would like to take this opportunity to introduce myself. As of January 7, 2019, I am the new Older Adult Services Director at the Area Agency on Aging IIIA (AAA), through the Health & Community Services (HCS) Department of the Kalamazoo County Government. I have practiced as a social worker in southwest Michigan for over twenty years, and have tremendous respect for the services provided through AAA. I was fortunate to also serve on the Older Adult Services Advisory Council prior to joining the organization and am thrilled to join the AAA staff. I extend my sincere thanks to the HCS team and AAA for a warm welcome. I am excited to join such a fantastic team dedicated to serving older adults in our region. It's been a whirlwind of activity with the approval of the Kalamazoo Senior Millage last fall. We are looking forward to sharing updates throughout the year.



Samantha Carlson, LMSW

Kalamazoo County Area Agency on Aging is recruiting **three** volunteers for advocacy! We have an opportunity for three volunteers age 55 or older to represent our community in Lansing through MSAC (Michigan Senior Advocates Council)! MSAC delegates strive to improve lives of all older individuals living in the State of Michigan by doing the following: advocacy on behalf of seniors, identification of senior concerns, education on issues around those concerns, education in advocacy techniques, and

coordination of advocacy efforts.

Training, support, and travel reimbursement are provided through the Area Agencies on Aging Association of Michigan. This role provides an opportunity in a nonpartisan position to advocate for older adults living in Kalamazoo County. MSAC advocates serve as a liaison between Kalamazoo County's Older Adult Services Advisory Council and our representatives in Lansing. This opportunity enhances the welfare of older adults throughout Michigan, locally and regionally. Issues of socioeconomic barriers, healthcare, isolation, and vulnerability are discussed with intent of overall improvement for quality of life for seniors with government officials. For more information regarding this opportunity, please contact Janice Bonita for more information at 269.373-5147.



Mark Your Calendar



Wednesday, Mar. 13—
Older Adult Services Advisory Council (OASAC) Meeting, 3:30 PM at HCS Dept., 311 E. Alcott St., Room 361. Check HCS Web site for changes or cancellations at http://www.kalcounty.com/public_notice.php



Sunday, March 17th is St. Patrick's Day

Monday, Mar. 18—
Kalamazoo County Advocates for Senior Issues meeting, 1:15-2:45 at Portage Senior Center, 320 Library Ln.

Friday, Mar. 22—
Professionals Focused on Aging Meeting, 8:00 AM at Senior Services, 918 Jasper St., Kalamazoo.

Thursday, Mar. 28—
Elder Abuse Prevention Coalition Meeting, 1:30 PM at the Radisson Plaza Hotel, Suite 200, 100 W. Michigan Ave., Kalamazoo.

Wednesday, Apr. 10—
OASAC Meeting, 3:30 PM at HCS Dept., 311 E. Alcott St., Room 361.

Monday, Apr. 15—
Kalamazoo County Advocates for Senior Issues meeting, 1:15-2:45 at Portage Senior Center, 320 Library Ln., Portage.

Thursday, Apr. 25—
Elder Abuse Prevention Coalition Meeting, 1:30 PM at the Radisson Plaza Hotel, Suite 200.

Friday, Apr. 26—
Professionals Focused on Aging, 8:00–10:00 AM at Senior Services.

Kalamazoo County's fetes those born in 1919 and before!

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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 Phone: (269) 373-5147
 Email:
jgboni@kalcounty.com

Samantha Carlson, LMSW,
 Director
 Area Agency on Aging, IIIA
 Kalamazoo County
 Government
 Health & Community
 Services Department

Thursday, May 23rd

Third Annual Centenarian Luncheon

Honoring Kalamazoo County's 100-year-old citizens

at Senior Services Southwest Michigan
 918 Jasper Street, Kalamazoo

If you know centenarians in Kalamazoo County, please call Janice at 269.373.5147 or email jgboni@kalcounty.com with the names and addresses of the individuals. We'd like to invite them as guests to this very special event!

Organized in conjunction with the
 Kalamazoo County Area Agency on Aging IIIA



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REGISTER FOR **FREE** HEALTHY LIVING PROGRAMS



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Do you have concerns about falling?
A Matter of Balance program emphasizes practical strategies to manage falls.

Classes Offered

Dates: Tuesdays & Fridays, April 2 – May 3
(No classes on April 16 & 19.)
Times: 1:00 – 3:00 PM
Location: Vicksburg United Methodist Church
217 S. Main, Vicksburg

Must pre-register.

Contact: South County Community Services
269.649.2901

In collaboration with South County Community Services

Dates: Mondays, May 20 – July 1
Times: 1:00 – 3:00 PM
Location: Portage Senior Center
320 Library Lane, Portage

Must pre-register.

Contact: Portage Senior Center
269.329.4555

Sponsored by Kalamazoo County Area Agency on Aging



Chronic Disease • Chronic Pain • Diabetes
Personal Action Toward Health

PATH

DIABETES PATH: 6 Weeks to Better Health
For adults who have diabetes and the challenges that go with it. Get on the PATH...



Class Offered

Dates: Mondays, April 8 – May 13
Times: 1:00 – 3:30 PM
Location: Portage Senior Center
320 Library Lane, Portage

Must pre-register by April 5th.

Contact the Portage Senior Center 269.329.4555
For questions, contact: Kelly Milliman at Area Agency on Aging IIIA, 269.373.5021

Sponsored by Kalamazoo County Area Agency on Aging IIIA

Continued on next page...

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Class Offered

Dates: March 20 & 27, April 3, 10, 17, & 24

Time: 2:00 to 4:00 PM

Location: Health and Community Services
311 East Alcott Street
Kalamazoo, MI 49001

Respite Care

Care for your family member with memory loss can be arranged so you may attend the sessions. Ask for details when you register. Classes are free with donations accepted.

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.

Learn about:

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

To register or for more information, contact:
Patti Stratton, LMSW, Master Trainer,
269.373.5141 or email: psstra@kalamazoo.org

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.

**Daylight Saving is
Sunday, March 10, 2019.**



ELEVATE

SOCIAL WORK

Every day, the nation's 680,000 social workers work to empower and elevate millions of people, including some of the most vulnerable in our society.

In March, Social Work Month, we recognize the contributions of these helping professionals.

We are VERY PROUD of the social workers on our staff and celebrate them – especially in March!

★Samantha Carlson, LMSW

★Kelly Jonker, BSW

★Judy Adlam, LMSW

★Shae McKinnon, LLMSW

★Carol Decker, LMSW

★Kelly Milliman, LLBSW

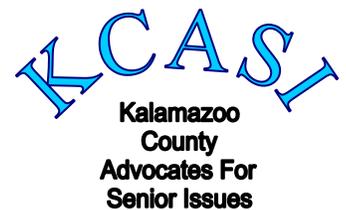
★Kristi Farnstrom, LMSW

★Patti Stratton, LMSW



Kalamazoo County Advocates for Senior Issues

“Kalamazoo County Advocates for Senior Issues (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.” KCASI partners with organizations such as the AAAIIA in its advocacy efforts and invites anyone interested to its monthly programs. The Monday, March 18th program will feature a panel discussion with area centers that serve older adults, who will review their missions and the issues that are affecting their communities. Representatives Beth Griffin and Brandt Iden will be attending.



The April 15th program features the new AAAIIA Director, Samantha Carlson, who will share information about herself and provide updates about services and the status of the senior millage funding. The April invited legislator is Rep. Jon Hoadley. KCASI meetings are held at the Portage Senior Center, 320 Library Lane, with refreshments and socializing at 1:15 and the program running from 1:30-2:45. KCASI meetings are cancelled if the Portage schools are closed.

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

Information & Assistance Line: 269.373.5173

AAAIIA's Information & Assistance is a free and confidential service for people of all ages. We provide unbiased information about community resources for older adults and adults with disabilities. Licensed social workers answer your questions and will assist by providing appropriate referrals and exploring options for services based on your needs and circumstances. Call or come in to speak with one of our staff. Appointments can be made by calling the phone number above, send us an email to aaa3aInfo@kalcounty.com.

Carol's Corner

Are you eligible for a subsidy for Medigap insurance?

If you have a Medigap insurance policy to supplement your Part B Medicare, you **MAY be eligible for a subsidy to assist in paying your Medigap premiums.**

There are specific criteria that specify whether you might be eligible:

Your annual household income must be:

- \$28,102 or less for one person, or
- \$38,047 or less for two people.

You must be a Michigan resident

You must qualify for Medicare

You must have Medigap coverage from one of the participating insurers:

- Blue Care Network
- Blue Cross Blue Shield of Michigan
- McLaren Health Plan Community
- UnitedHealthcare AARP Medicare Supplement

(Other insurers may join the program, so if your insurer is not listed, check back with MichiganMedigapSubsidy.com periodically for any additions).

If you qualify by income, the **amount of the subsidy** you receive will depend on your age & whether you have a disability (if you are under age 65).

If you are age 65-74, the subsidy would be \$35; age 75 or older, the subsidy would be \$56; under age 65, with a disability, the subsidy would be \$110.

You may apply by phone, on line, or by completing a paper application. Call Michigan Health Endowment Fund at 1-866-824-9772. Apply online at MichiganMedigapSubsidy.com

Complete a paper application (available online or by request by phone). When applying, you will need documentation of your Medigap coverage, your income, and your Michigan residency.

The Michigan Health Endowment Fund will review your application & proofs. You will then be notified by mail whether you are approved for the subsidy or not.

Contributed by Carol Decker, LMSW, Care Consultant

Kalamazoo County
Area Agency on
Aging IIIA (440)
311 E. Alcott St.
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

AAAIIA News

WELCOME!

New Director of the AAAIIA, as of January 7th, **Samantha Carlson, LMSW**. We are so fortunate to have her as the head of our growing team!

Kristi Farnstrom, LMSW, is our new Information & Assistance social worker, as of January 21st. Kristi is a wonderful addition to the AAAIIA!

On March 4th, **Ana Gonzalez** joins us as our third Administrative Assistant.

On March 11th, **Amber Price-Johnson** will join us as our second Long Term Care Ombudsman.

On March 18th, **Christine Schram** will join the team as a Care Consultant.

Kudos to Carol Decker, LMSW, Care Consultant, who we celebrate for **3 years** with the AAAIIA, Choices for Independence Program. Way to go, Carol!

Older Adult Services Advisory Council Updates

Dawn Shiltz, has been named the newest member of OASAC. She is the Program & Trip Coordinator for Portage Senior Center. **Don Ryan** and **John Hilliard** have accepted the responsibilities of Chair and Co-Chair, respectively, for another term. Thank you for your continuing service. We appreciate all of the volunteers on the Council for their hard work and dedication to the Council.