

# ACCESS

Staying in Balance as You Age  
Pages 4 & 5



## Your Link To Community Resources

Vol. 12, No.3

A Publication of The Area Agency on Aging 1-B

Fall 2010

*Serving the counties of Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw*

### The Locomotive Power Behind a Train That Could

When you take a look at the life of Monroe county resident Frank Train, you come to realize that his last name is synonymous with his life. Born in a farmhouse 91 years ago, his surname would subconsciously become a driving inner force.

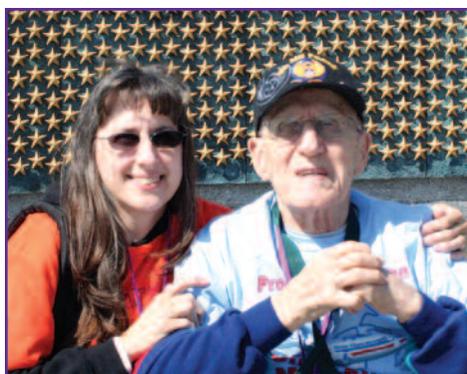
#### Trains are Dependable

Train's dedication to family has always been unquestionable. He and his childhood sweetheart, Virginia, started a family shortly after marrying in 1942 and soon had four children of their own. According to only son Jim, "The whole family depended on Dad as the sole breadwinner, and he never let us down. He showed me the value of responsibility."

Train took on responsibility with love, honor and devotion when faced with challenges. Second oldest daughter Patty was born with Down Syndrome. "Doctors told Mom and Dad that Patty would never walk or talk and would die at an early age. They recommended placing Patty into an institution. But my parents told the doctors to forget it and our family embraced Patty with love. She lived to age 62 and had a productive life," said younger sister Becky.

Employed in at least 20 different lines of work, from groundskeeper at a TB sanatorium to an electronics engineer installing radar into B-57 aircraft, Train ultimately retired at age 80.

Train retired in order to move with his wife Virginia and daughter Patty back to Michigan to be closer to



Frank Train visited the WW II Memorial in Washington D.C. this spring with his daughter Rebecca. The trip was part of an Honor Flight that makes sure those that served are able to visit the memorial.

daughters Susan and Becky. "Dad was cooking all the meals, doing all the laundry and buying all the groceries for Mom, who had dementia, and Patty, who received the additional diagnosis of Alzheimer's and Parkinson's disease later in life. When Dad moved, Becky and I were able to help out," said Susan.

#### Trains Journey to Many Locations

Drafted into the Army Air Corps during Word War II and then re-enlisting afterwards, Train and his family lived in 48 of the 50 states. He entered as an aviation cadet and exited as a navigator

*continued on page 2*

### Planning Ahead for Your Driving Retirement

Many people take time to plan for life events, like a wedding or buying a home. Advanced planning is a stress-free way to explore and become familiar with a situation before action becomes necessary. But few people take time to plan for the day they'll retire the car keys.

"Older adults should plan ahead for driving retirement the same way they plan for their financial future because mobility is crucial to maintaining a certain quality of life," explained Roberta Habowski, mobility options counseling project manager for the Area Agency on Aging 1-B (AAA 1-B). "It's important to have a plan in place for when driving is no longer possible because current studies suggest that people will outlast their driving ability by 7 to 10 years."

As a group, older adults tend to be safe drivers because they typically use safety belts, travel fewer miles, drive during daylight hours and avoid rough road conditions. However, as the body ages, driving skills can be impaired by the following natural effects of aging:

- Slowed reaction time
- Trouble seeing at night or with low light
- Change in color perception
- Changes in vision/blurred vision
- Difficulty with physical functions
- Changes in hearing

#### Developing a Strategy

The Area Agency on Aging 1-B's Mobility Options Counseling Project, funded in part by a grant from the



Office of Highway Safety Planning, assists older and/or disabled adults and their family members with transportation planning for lifelong mobility. Trained resource specialists provide information to help:

- Assess and keep driving skills current while still behind the wheel
- Evaluate whether it's time to retire the keys
- Make an alternate transportation plan for when driving is no longer possible
- Find mobility and transportation resource contacts in the community

Start planning with a Mobility Action Form obtained through AAA 1-B by calling 800-852-7795. When you receive the document, contact an AAA 1-B resource specialist who can supply a great deal of information to help complete your plan.

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## Planning Ahead for Your Driving Retirement continued from page 1

The finished product will list details about local community transportation services near you, such as the SMART bus system; contact information for your personal transportation network of family and friends; as well as an errand listing, so trips can be reviewed and details noted, making scheduling easier.

### Utilizing Your Plan

When you experience any of the following signs, it may be time to seriously evaluate your driving or stop driving all together:

- Getting lost on familiar routes
- Repeated fender benders, or near misses
- Making poor driving decisions
- Reacting slowly to driving situations
- Medical conditions that may impair driving
- Confusion
- Difficulty turning to look behind when reversing
- Being honked at repeatedly
- Riding the brake
- Feeling stressed about getting behind the wheel
- Counseling sessions with police, family, or friends about driving

### Keep Road Skills Current

"If you're still behind the wheel, it's a good idea to refresh your road skills annually after age 50 by taking an online class like the AARP Driver Safety Program at [www.aarp.org](http://www.aarp.org) or the Traffic Improvement Association's Mature Driver Workshop three-day class 888-227-7669, which includes a safety evaluation of your vehicle (visit [www.car-fit.org](http://www.car-fit.org) for details). The course is offered at many metro Detroit locations. For more information, visit [www.tiami.us](http://www.tiami.us)," said Habowski.

At the Mature Driver Workshop, students learn proper use of the latest technology found in cars; review recent changes in traffic laws; discover how to minimize the effects of blind spots; explore defensive driving techniques, and more. "By taking the class annually, you can compare test results from year to year to see if unsafe patterns develop. It gives you more information to work with when evaluating your driving ability over a span of time," added Habowski.

The cost is typically under \$20 and testing results are not reported to any third party; including a Secretary of State office, the police, or family members. A possible added benefit is that some auto insurance companies offer a policy discount for completing the class.

### Evaluating Results

Based upon the outcome of your tests, you may need to...

- Celebrate becoming a better driver
- Make minor adjustments
- Modify driving habits
- Modify your car with adaptive equipment
- Consult with your physician regarding medications or re-evaluate when your medical recovery is complete
- Retire from driving

For certain medical conditions, or for physical disabilities that may require adaptive equipment in your car, your physician or physical therapist might refer you to an occupational therapist for a driving evaluation. The results of this assessment are not confidential; however the evaluation is thorough and involves a variety of visual, physical and cognitive tests, as well as a road test. "You'll gain knowledge to keep you safe behind the wheel; including training for adaptive auto equipment and skills to manage special vision problems," said Habowski.

The process can cost \$250-\$600 on average, depending upon the tests ordered and your private health insurance, auto insurance or workman's compensation coverage. Veterans may qualify for a free evaluation conducted through the Department of Veterans Affairs.

If you need to retire your car keys, having a plan in place beforehand can make this journey easier to manage, even if the journey takes you off road.

### Daughters and Fathers Needed for Driving Study

The University of Michigan School of Public Health is looking for father and daughter pairs to participate in a driving study. Fathers should be 70+, while daughters should be over 50. The study takes about two hours and takes place in Ann Arbor. Each participant will receive a \$50 Visa gift card. If interested, please e-mail [robling@umich.edu](mailto:robling@umich.edu) or call 734-646-8429.

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## A Train That Could continued from page 1

in a squadron, mapping the territory of Alaska. "When it wasn't raining or cloudy, we would fly 18 hours a day, every day. I had so many close calls when I was flying," he said.

Train's most recent journey was an Honor Flight to Washington D.C. in March to visit the National World War II Memorial. The flight was arranged through a charity organization that offered free flights to WWII serviceman.

Train recalled, "When we were at the memorial, I was very impressed with the children that came up to shake our hands and thank us for our service. It was very touching."

### Trains Are Connected to Others

Train always had a wonderful connection with his wife, and this bond grew stronger after Virginia was diagnosed with dementia later in life.

Area Agency on Aging 1-B (AAA 1-B) case manager, Margie Rushlow, observed this when she visited the Trains to conduct an assessment for home and community services. "I could see that Frank was such a gracious and loving caregiver. When you go into a home, that's what you like to see." She added, "Virginia always responded to him and he always seemed to know what she wanted." Even if that meant getting up in the middle of the night to puree her food, Train was devoted.

"He never believed anything less of Virginia. He adored her. And even though she wasn't able to do things, he just thought she could do anything and he made sure she did. He was just a beautiful caregiver," Rushlow said.

Train remains grateful to the AAA 1-B for coming to his aid. "Their help enabled Virginia, and now me, to remain at home. It's a great organization," he said. Train receives in-home services through the MI-Choice Medicaid Waiver Program.

Reflecting on his life, Train is also thankful to his father. "He had the most impact on me. We spent a lot of time together working on the farm from when I attended grade school through high school," he said. "Dad was wise beyond his years and I always looked up to him for his honesty and integrity. I was so proud of him."

The connection of love and pride a child feels for their parent can thread its way through to the next generation. Train's daughter Becky said, "I love my Dad and I've definitely learned a lot from him, especially perseverance and persistence. In fact, Dad has this goal to live to 110, beyond his aunt who died at age 107. Now that would set the ultimate example of how persistence pays off!"

# ASK the expert



Maya Noel, Area Agency on Aging 1-B Housing Coordinator

## Housing Options for Seniors

### What are some housing options for seniors?

There are lots of wonderful senior housing options that can help you remain living independently. Options include:

**Senior Apartments:** This option is designed for those that can live independently but might want to live near and socialize with other seniors.

**Assisted Living:** This is best for those who like apartment/condominium style housing but might need more supportive care. Meals, housekeeping, and some level of care are usually included in the cost.

**Continuing Care Communities:** Provide a wide range of living options on one campus (independent living, assisted living, and nursing home care.) This option allows residents to move easily to the next level of care.

**Residential Group Homes:** Often known as Adult Foster Care Homes, these smaller group homes provide around-the-clock supportive care and supervision in a family-like home setting.

### How can I find senior housing facilities near me?

The Area Agency on Aging 1-B Information and Assistance line can help you find senior housing options in your area. Our certified Resource Specialists are available Monday through Friday from 8 a.m. through 5 p.m. You can reach them at 800-852-7795.

The Michigan State Housing Development Authority also has an

online resource that can help you search for senior housing by county. You can find it at [www.michiganhousinglocator.com](http://www.michiganhousinglocator.com).

### I'd like to move to an assisted living facility, but I'm worried about cost. Are there any programs available to help make them more affordable?

There are several programs available to help make assisted living more affordable. Some programs help pay rent, while others help provide care services. These programs become especially helpful when combined. These programs have income and other eligibility requirements. The Area Agency on Aging 1-B (AAA 1-B) can help you determine which programs you may be eligible for and help get you started.

#### Housing Choice Vouchers

This program, which was in the past known as Section 8, helps provide direct rent assistance to income-eligible people. Many assisted living facilities accept these vouchers.

#### MI Choice Medicaid Home and Community Based Waiver

In this program, Medicaid pays for care services such as personal care and homemaking. It can help pay for supplemental care received in an assisted living facility, making this option more affordable and ensuring people get all the help they might need.

### How do I find out if an assisted living facility is licensed?

Many assisted living facilities are not required to be licensed. Whether or not they are required to be licensed and what type of license they need depends on the level of care and supervision being provided and how many people are living at the facility. To find out if a facility is licensed, visit the Michigan Department of Human Services website [www.Michigan.gov/dhs](http://www.Michigan.gov/dhs) and use their "License Lookup" feature.

### My mom is living in a nursing home, but she'd like to go back to living more independently. How do I find a place for her and get her started?

The Nursing Facility Transition Program is designed to help eligible people move from the nursing home to more independent living. Residents can return to their own home or apartment, move in with family, or move into an assisted living facility or adult foster care. Call the AAA 1-B for more details.

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(248) 489-9362

#### Grand Court Farmington Hills

Independent Living  
36550 Grand River Avenue  
Farmington Hills, MI 48335  
(248) 476-7478

#### Grand Court Novi

Independent Living  
45182 West Park Drive, Novi, MI 48377  
(248) 669-5330

#### The Heritage Southfield

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#### Wynwood® Northville

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(734) 420-6104

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# Staying in Balance as You Age

Learning how to balance the body is one of the first life lessons we experience as babies when we learn to walk. Equilibrium soon becomes second nature, but as we age, our bodies change and our ability to balance can become compromised, putting us at risk for falls and serious injuries. Here are some tips to help you maintain and improve your balance as you age.

## The Basics

The body maintains balance through an intricate system involving 1) the inner ear or vestibular system, 2) the musculoskeletal system, 3) vision and 4) the balance processing portion of the brain. Together, they work in symphony so we can perform a wide variety of movement. However, if there is a disruption in any of these areas, the following symptoms could occur, signaling a balance disorder:

Vertigo	Blurred vision
Lightheadedness	Falls
Faintness	Dizziness
Nausea	Change in blood pressure or heart rate

If you experience any of these signs make sure that you contact your physician. They can occur from medications; illness; inner ear, brain, neurological, circulatory or cardio system issues; aging; or head trauma.



*Instructor Sharon Claye (right) helps Dorothy Norton with one of the Six Step Balance System exercises at the Community House in Birmingham.*

## Strengthening Your Balance for a Lifetime

There are some general steps you can take to help improve your overall balance. Things like stopping unhealthy habits such as smoking and drinking, which can compromise your gait and body systems, or getting involved in regular low-impact strength training exercise, like dancing or walking, will do much to keep your sense of balance sharp.

It's also a good idea to evaluate your posture as this is another important aspect of balance. If you're concerned or have noticed changes, your physician should be able to refer you to someone who can perform an expert analysis.

Listed below are some balance problems that most often present themselves at specific stages in the aging process and steps you can take to counteract them:

### In Your 50's:

While vision is crucial to maintaining balance, as nature would have it, and you've heard it said, "the eyesight is first to go." The natural aging process can begin with farsightedness in your 50's. As we age, the eye lens can:

- Thicken and yellow, causing color distortion, especially with greens and blues
- Change depth perception and peripheral vision
- Pose difficulty dealing with glare

### To Counteract This:

Eat a diet consisting of foods rich in beta carotene like carrots, cantaloupe, and sweet potatoes; flavonoids such as blueberries and spinach; omega-three fatty acids like salmon and sardines; lycopene-rich foods like tomatoes and watermelon; vitamin E found in wheat germ, nut butters and avocado; vitamin C found in strawberries and kiwi; and zinc-rich foods like turkey, oysters, and chick peas.

See your ophthalmologist regularly to help monitor eye health and vision changes.

### In Your 60's:

A common balance disorder called Benign Paroxysmal Positioning Vertigo (BPPV) is often found in adults age 60 and older. Calcium stones, which are part of the workings of the inner ear, can become displaced due to the natural process of aging, a head injury, or an inner ear infection. Signs can include dizziness and vertigo that lasts for few minutes or less, especially when changing the position of your head.

### To Counteract This:

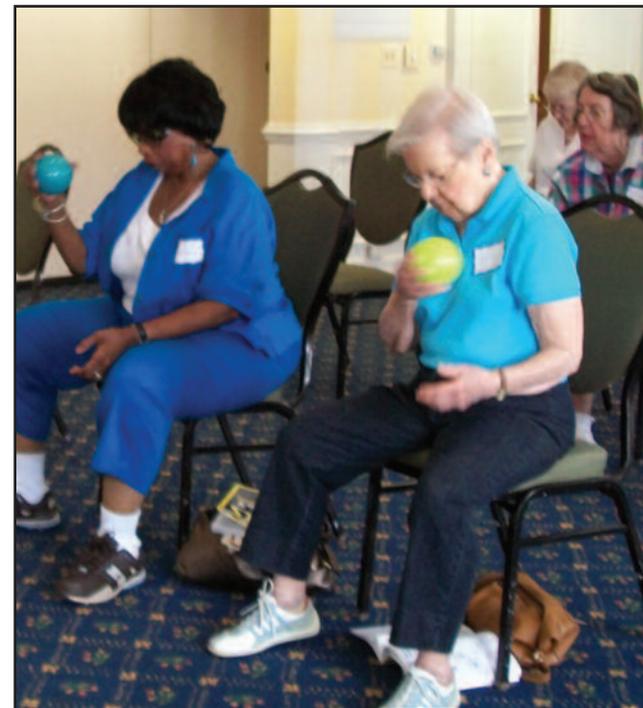
See your physician before you experience a fall. This condition is treatable and can be reversed. In the meantime, reduce or eliminate salt, caffeine and alcohol intake to reduce symptoms.

### In Your 70's:

People age 70 and older often experience a loss of lean muscle mass that can contribute to balance issues and falls.

### To Counteract This:

Take up Tai Chi, a Chinese martial art that is a low-impact form of exercise involving solo balance forms, slow movement and deep breathing. Tai Chi principles involve coordination, relaxation, and balance. Research demonstrates that Tai Chi can improve balance and decrease falls among older adults. There are five styles. The two most popular are Yang and Wu (Ch'uan). Interested in taking a class? See the sidebar for a course near you.



*Seated exercises are part of the Six-Step Balance System.*

### In Your 80's on Up:

Body systems gradually slow down. The heart thickens and the cardiovascular system slows down with less blood flow and less oxygen extracted. You get tired easily and take longer to rejuvenate. The central nervous system starts to decline, causing a loss of agility, slow reflexes, and delayed reaction time.

### To Counteract This:

Warm up your muscles and stretch your body in the comfort of your own bed, before your feet even hit the floor. According to Dr. Betty Perkins-Carpenter, author of "How to Prevent Falls" and creator of The Six-Step Balance System™, "When you first wake up, your muscles and tendons are all relaxed from the skeletal structure. Even with rheumatoid arthritis or osteoarthritis, everything moves easier when you first wake up so that after you stretch your limbs and then get up, you're able to reach and bend better. It really makes a difference."



*Instructor Han Hoong Wang (wearing hat) leads a Tai Chi class at the Royal Oak Senior Center. The slow, deliberate movements of Tai Chi help to improve balance, retrain posture and improve joint flexibility.*

Dr. Perkins-Carpenter offers a laminated, fold-out, full-color, illustrated "Stretching in Bed" guide to keep on your nightstand that contains 14 stretching exercises you can do daily before you get out of bed. The cost is \$2.49 plus shipping. Call 800-306-3137.

## Precautionary Steps to Prevent a Fall

According to the Centers for Disease Control and Prevention, over a third of adults age 65+ fall each year in the United States, making this the leading cause of injury death for older adults. Many who take a spill are haunted by a fear of falling. This causes them to reduce activities, physical fitness, and mobility; the combination of which actually increases the risk of falling. Protect yourself by taking a class to improve balance.

In addition to the "Stretching in Bed" guide, Dr. Perkins-Carpenter has also created the "Six-Step Balance System™", an evidence-based series of simple exercises that can be done in your own home at your own speed. Participants experience improved flexibility, posture, leg strength, balance, confidence, stability, circulation, energy level, and mental alertness.

Sharon Claye, A.C.E., certified personal trainer and fall prevention specialist, is the only Michigan instructor trained in the "Six-Step Balance System™". "Like Dr. Perkins-Carpenter, I have a true passion for this work. There is so much a person can do for themselves to improve balance with little or no equipment and the results are amazing," Claye said. "It really is a fun class and students leave feeling empowered."

Dr. Perkins-Carpenter's fifth balance system step teaches students 'the art of falling,' a technique proven to avoid injury. "Backed by much research, we've learned that a stiff body breaks, a loose body bends," Claye said. "Students learn how to fall, which reduces that fear." Six Step Balance System Classes and Fall Prevention Workshops are offered in six-week sessions starting in the fall at the

Community House in Birmingham 248-644-5832, Troy Senior Center 248-524-3484, Birmingham Area Senior Center 248-203-5270, the Royal Oak Senior Center 248-246-3900, the Jewish Community Center - West Bloomfield 248-432-5404, and the Romeo Community Center 586-752-9601. Contact Claye for more information on the program at 248-988-7536.

### Tackle These 10 Home Issues to Avoid a Future Fall

1. Remove all area rugs or secure them with double-sided tape.
2. Install hand rails on both sides of all staircases and in the bath/shower.
3. Place a suction cup bath mat in the tub. Use a hand-held showerhead while sitting on a bench in the shower. Have a toilet that is raised higher off the floor so that you can easily sit and stand.
4. Install sensor lighting that illuminates when you enter a room or hallway or have easily accessible light switches and nightlights. Keep a flashlight by your bed.
5. Review the side-effects of medications with your doctor or pharmacist and make note of any that could cause imbalance.
6. Go for a shoe fitting and purchase footwear that fits properly. Don't walk around barefoot (too much traction) or in socks (too slippery).
7. Take time to walk slowly, with good posture. Make sure areas are well lit and clear of ice, snow, or debris.
8. Do not use floor wax which can create glare and can be slippery.
9. Store items no higher than your reach. Do not risk climbing onto something in order to retrieve an object.
10. Remove clutter from floors and stairs.

## Attend a Tai Chi Class Near You

### Livingston County:

**Brighton Senior Center**  
850 Spencer, Brighton

Five-week Chen style Tai Chi classes taught by a certified master instructor on Tuesdays, September 28-October 26 from 7:15-8:15 p.m. or Wednesdays, September 29-October 27 from 1:15-2:15 p.m. Cost is \$67. For more information, call 810-299-3817.

### Macomb County:

**Warren Community Center**  
5460 Arden, Warren

10-week Yang style Tai Chi classes taught by a certified instructor on Mondays, mid-September-November from 6:30-7:30 p.m. or Wednesdays from 6:00-7:00 p.m. \$50 for residents and \$55 for non-residents. Visit [www.Taichiconnection.net](http://www.Taichiconnection.net). For more information, call 586-268-8400.

### Monroe County:

**Milan Seniors for Healthy Living**  
45 Neckel Court, Milan

16-week Wu style Tai Chi classes offered on Wednesdays, September 1-December 15 from 5:00-6:00 p.m. Cost is \$16/members, \$28/non-members, and \$3 per class for drop-ins. For more information, call 734-508-6229.

### Oakland County:

**Royal Oak Senior/Community Center**  
3500 Marais Road, Royal Oak

12-week Chen style Tai Chi sessions offered by a certified instructor on Thursdays, September 9th-December 2nd from 9:15-10 a.m. Cost is \$60. Visit [www.michigantaichi.com](http://www.michigantaichi.com). For more information, call 248-246-3900.

### St. Clair County:

**Council on Aging**  
600 Grand River Avenue, Port Huron

Ongoing year round Yang style Tai Chi class offered by a certified instructor on Tuesdays from 2:15-3:15 p.m. Cost is \$5 per week for members and membership is \$10/year for single or \$15/married couple. Members have access to programming at all senior centers within the county. For more information, call 810-984-5061.

### Washtenaw County:

**Turner Senior Resource Center**  
2401 Plymouth Road, Suite #C, Ann Arbor

Yang style Tai Chi classes for ages 65 and older taught by a certified instructor twice weekly on Mondays and Wednesdays, September 7-October 20 from 9:00-10:00 a.m. Cost is \$88. For more information, call 734-998-9353.

**Celebrate Fall Prevention Awareness Day on Wednesday, September 22nd!**

# Events Help Connect Caregivers

## 7th Annual Monroe County Caregiver Fair

Saturday, October 2, 2010  
9:00 a.m. to 1:00 p.m.

### NEW LOCATION

Monroe County  
Community College  
Health Education Building  
(Building H)  
1555 South Raisinville Road  
North Entrance

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- Special Keynote Presentation from 9:30-10:30 a.m. , "Make Your Life More Fulfilling," by Dr. Andrew Sears, Medical Director-The Living Well Integrative Health and Wellness Center



### 2010 Monroe County Caregiver Fair Presentations

#### 11:00 a.m. to 11:45 a.m.

#### "Legal Solutions for Senior Security: Prevent Financial and Physical Abuse"

Katy Graham, Managing Attorney  
*Elder Law and Advocacy Center - Neighborhood Legal Services Michigan*

#### "Understanding Alzheimer's "

M. Jayne Davidson  
*Alzheimer's Association*

#### "Caregiving Techniques "

Tracey White, RN, BSN  
*Heartland Home Health Care*

#### 12:00 p.m. to 12:45 p.m.

#### "Legal Solutions for Senior Security: Protect Yourself, Your Assets and Your Family"

Katy Graham, Managing Attorney  
*Elder Law and Advocacy Center - Neighborhood Legal Services Michigan*

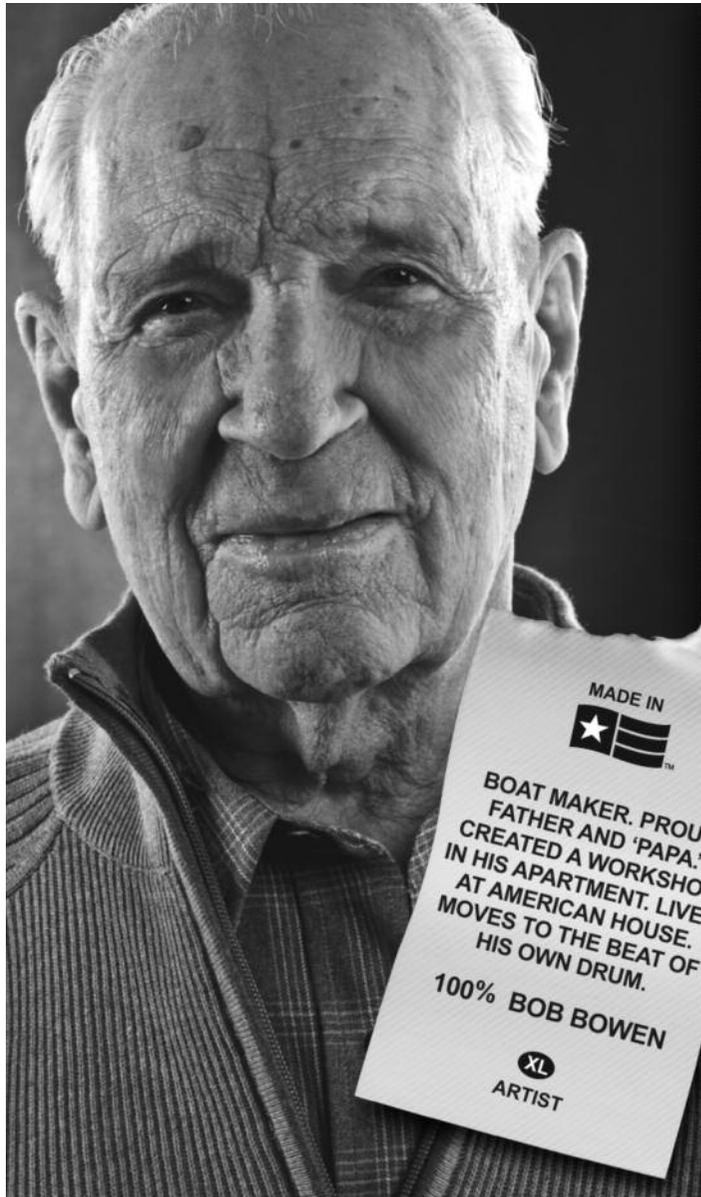
#### "Safe at Home "

Janice Luther, OT  
*Metro Home Health Care*

#### "Caregiver 911 "

Mari A. Browman, LMSW  
*Mercy Memorial Hospice of Michigan*

For more information, call Monroe County Commission on Aging at 734-240-7363.



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Westland Joy (734) 447-5460  
Westland Venoy (734) 259-2467

#### Macomb County

East I - Roseville (586) 218-3639  
East II - Roseville (586) 439-3065  
Lakeside - Clinton Twp (586) 648-1699  
Sterling I - Sterling Hgts (586) 218-3211  
Sterling II - Sterling Hgts (586) 477-4566

#### Washtenaw County

Carpenter - Ypsilanti (734) 408-4124

#### Oakland County

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Elmwood - Rochester Hills (248) 237-3415  
Stone - Rochester Hills (248) 609-7631  
Village - Rochester Hills (248) 237-3413  
Royal Oak (248) 721-8930  
Southfield (248) 809-5204  
Troy (248) 721-8620  
West Bloomfield (248) 242-7035  
Regent Street - W Bloomfield (248) 683-1010

Assisted Living / Memory Care available at Regent Street.

#### Genesee County

Grand Blanc (810) 936-0520  
North - Flint (810) 936-0521

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Hearing Impaired: (800) 649-3777



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# to Information and Resources

## The 11th Annual Solutions for Family Caregiver Expo

**Saturday, October 16, 2010**  
**9:00 a.m. to 2:00 p.m.**  
**Sterling Inn Banquet**  
**and Conference Center**  
**34911 Van Dyke (at 15 Mile**  
**Road) Sterling Heights**  
**Parking and Admission are FREE!**

### Caregivers Don't Miss

- Expert presentations on a variety of caregiving topics (see schedule to the right for details)
- More than 85 exhibitors displaying and demonstrating products and services to benefit caregivers
- "Ask The Resource Specialist" for answers to questions on Medicare, Medicaid and referrals to local services
- Free morning refreshments,

courtesy of Jim Schuster, Elder Law Attorney and Mall Malisow & Cooney, P.C.

- Professional care for your loved one while you attend the expo. Quality care provided by the Alzheimer's Association and Macomb County Interfaith Volunteer Caregivers (respite reservation required - 800-852-7795)

- Cash and carry afternoon snacks available
- Door prizes and giveaways!

The Caregivers Expo is made possible by these generous corporate sponsors:

#### Platinum Sponsor

Generations Home Care Group

#### Gold Sponsors

Blue Cross Blue Shield of Michigan  
 Henry Ford Health System

### 2010 Solutions for Family Caregivers Expo Presentations

Guests of the Solutions for Family Caregivers Expo may choose to attend the following presentations throughout the day:

#### 9:30 a.m. to 10:30 a.m.

##### "The Impact of National Health Reform on Medicare and Medicare Advantage Plans"

Kevin Keyser, Director of Medicare Operations  
 Blue Cross Blue Shield of Michigan

##### "Advocating for Quality Care for Your Loved Ones: A Legal Perspective"

Sanford J. Mall, CELA and  
 Arthur L. Malisow, CELA  
 Mall Malisow & Cooney, PC

##### "Living Safely and Independently at Home: A Guide to Supportive Services in the Community"

Barb Lavery, Regional Supervisor  
 Area Agency on Aging 1-B

##### "Benefits Available to Veterans and Their Spouses"

Heidi Heck, NACVSO, MACVSO,  
 Accredited Veteran's Service Officer  
 Macomb County Veterans Services

#### 11:00 a.m. to 12:00 p.m.

##### "Enhancing Health, Fitness & Safety for Older Adults: Redefining and Reclaiming 'The Golden Years!'"

Vincent F. Salvia, BS, MBA,  
 President, Owner  
 J. Michael Hayes, RN, ABRM,  
 COO, Administrator  
 Generations Home Care Group

##### "Responding to the Special Needs of Senior Patients"

Orest Sowirka, D.O. Medical Director,  
 Acute Care for the Elderly Unit  
 Henry Ford Macomb Hospital -  
 Warren Campus

##### "Who's Taking Care of You? Stress Management and Self Care for Caregivers"

Lynn Alexander  
 Your Aging Well Advisor

##### "Medicaid: Qualifying, Applying and Receiving Medicaid Benefits"

David Shultz, JD  
 Elder Law of Michigan Volunteer

#### 12:30 p.m. to 1:30 p.m.

##### "Medicare - Understanding Your Options"

Jennifer Houghton, Medicare Medicaid Assistance Program Manager  
 Area Agency on Aging 1-B

##### "Know the 10 Signs of Alzheimer's Disease: Early Detection Matters"

Rhonda Beauford, BS, Education and Training Coordinator, Alzheimer's Association - Greater Michigan Chapter and Dr. Rhonna Shatz, D.O., Director of Neurobehavioral Services, Department of Neurology, Henry Ford Health System

##### "Legal Tips for Caregivers"

Jim Schuster, J.D., Certified Elder Law Attorney (CELA)

##### "What Are You Waiting For? End of Life Decision Making Now."

CS Pimm, MSW, MPA, MM  
 Hospice of Michigan

#### Silver Sponsors

American House  
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 Oakwood Home Care Services  
 Presbyterian Villages of Michigan  
 Quality Home Health Care Services of Michigan  
 Sunrise Senior Living

Trinity Senior Living Communities  
 Visiting Physicians Association

#### Media Sponsors

Macomb Daily  
 Senior Living News

For questions or more information, visit [www.michigancaregiverexpo.com](http://www.michigancaregiverexpo.com), or contact Sallie Justice at 800-852-7795, or [sjustice@aaa1b.com](mailto:sjustice@aaa1b.com)

## Don't Miss the Area Agency on Aging 1-B's Living Well Radio Series!



"Living Well" is a radio series that can be heard on our five radio partners. This informational feature provides tips, resources and important information to family caregivers, who are often struggling to balance caregiving with work, family and other obligations. "Living Well" sponsorship opportunities are available. Please contact Bill Hayes at 248-644-1990.

Many thanks to our recent sponsors who have helped bring you "Living Well."



Listen for "Living Well" on these stations:



Area Agency on Aging 1-B  
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AAAM09

## Calendar of Events

Senior and Caregiver Resource Network Dueling Pianos Fundraiser for the Area Agency on Aging 1-B and the Alzheimer's Association

Friday, September 10  
8:00 p.m.

J.D.'s Key Club  
1 North Saginaw Street, Pontiac

Dueling pianos, a 50/50 raffle, silent auction, and cash bar round out this fun way to raise money for the AAA 1-B's Unmet Needs Fund and the Alzheimer's Association. Tickets are \$12 in advance and \$15 at the door.

For more information, contact Jim Speir at 888-458-0667.

### Special Day for Seniors Expo

Wednesday, September 15  
9:00 a.m. to Noon

Sterling Heights Senior Activity Center  
40200 Utica Road, Sterling Heights  
586-446-2750

This free event will feature over 50 vendors, over 20 health care screenings, break-out educational sessions with speakers and plenty of give-away items.

For more information, call Patty LeDuc at 586-731.5400 ext. 21.

### Monroe County Caregiver Fair

Saturday, October 2  
9:00 a.m.-1:00 p.m.

Monroe County Community College Health Education Building (Building H)  
1555 South Raisinville Road  
North Entrance

See page 6 for more info or call 800-852-7795.

### 11th Annual Solutions for Family Caregiver Expo

Saturday, October 16

Sterling Inn Banquet and Conference Center  
34911 Van Dyke, Sterling Heights

See page 7 for more info or call 800-852-7795.

## Compassionate Care in the Comfort of Home



Vincent Salvia

Vincent Salvia is a man passionate about his profession. As president and CEO of Generations Home Care Group, an organization centered on the holistic needs of the client 365 days of the year, Salvia is driven to set a standard of high quality for his industry.

Salvia met his calling as president and CEO of Sage Corporation in 1992 where he formulated business plans for a variety of companies. To create an effective plan, Salvia would thoroughly research all aspects relating to each business. It was during this process that Salvia became interested in the healthcare industry.

"When I drilled down into the workings of the healthcare industry, I found chaos; nursing shortages, rising healthcare costs, poor quality in the delivery of healthcare services, and Medicare fraud," he said. It was at this point in his career that Salvia came to a decision. "With the fast approaching reality that millions of baby boomers would be seeking healthcare services, I set a long-term goal in 1999 to become a full service, high-quality healthcare agency, providing the best service possible."

Today, Generations Home Care Group, formerly known as Angel Healthcare Group, provides compassionate

care through the professional services of registered and licensed practical nurses as well as nurse assistants and supplemental staffing. Non-emergency medical transportation services, home medical equipment, and supplies are also available to help address a client's needs in the comfort of their own home. In addition, Generations Home Care Group is accredited through the Community Health Accreditation Program (CHAP). Salvia noted, "We hold ourselves to a higher standard. In order to maintain consistent quality care, our company practices are under the independent scrutiny of CHAP healthcare professionals."

That high level of quality care is what Larry Barnett was seeking for his 92-year old mother Ann, who, according to Larry, was heir to the disabilities of old age. "She wasn't eating enough and was getting dehydrated, so I turned to other home healthcare agencies for help. But when I found my way to Generations Home Care through Jewish Family Services, I realized that Generations is one of the best," said Larry.

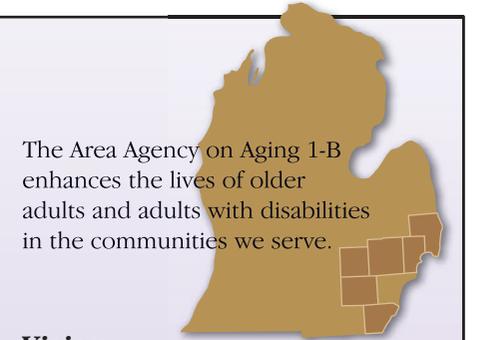
Through Generations Home Care, Ann receives assistance 13 hours per week with some activities of daily living and her vital signs are monitored. "A few of the staff actually saved my mom when she's had fainting spells, one just recently. They're very good about making sure that she stays hydrated," said Larry.

He's also grateful for the fact that Generation's caregivers are a good source of companionship for his mother when he can't be there. "They play word games and exercise with her," he said.

"Mom always was a very vibrant, ambitious person who took care of everyone. She was always solid, loyal, and nurturing. And over the years, she experienced a slow decline. Now she needs me and I'm fortunate, willing, and eager to help," Larry said.

This past year, Larry turned to the Area Agency on Aging 1-B (AAA 1-B) to obtain additional assistance for Ann. "The agency helped mom get Medicaid and food assistance. It's been a good thing. In fact, through the intervention of Generations and the ancillary care of AAA 1-B, both converged to benefit mom with really good care, unusually good care, and for that, I'm grateful," he said.

"We are dedicated to helping older adults 'age in place', enabling them to remain in their own home," said Salvia. For information on how you can obtain services for your loved one, contact Generations Home Care Group at 248-844-9650, visit [www.generationshomecare.us](http://www.generationshomecare.us) or visit their booth at the 11th Annual Solutions for Family Caregivers Expo.



The Area Agency on Aging 1-B enhances the lives of older adults and adults with disabilities in the communities we serve.

### Vision

The Area Agency on Aging 1-B will be the agency of first choice for advocacy, action, and answers and drive community engagement to ensure that older adults, adults with disabilities, and caregivers reach their full potential and highest quality of life.

### Services

#### Home Care Services

Personal care (bathing, dressing, etc.), homemaking, home-delivered meals, respite care, chore assistance, home injury control.

#### Community-Based Services

Adult day services, transportation, congregate meal sites, home delivered meals, out-of-home respite, legal assistance, employment for older workers, elder abuse prevention, services for vision and hearing impaired, long-term care ombudsman, resource advocacy, counseling, and volunteer caregivers.

#### Information and Assistance Service

Resource specialists can quickly answer questions and access information for callers using a computerized database listing over 5,000 senior services and 2,000 providers in southeast Michigan. Call toll-free, 800-852-7795. Hours are 8 a.m.- 5 p.m., weekdays. You can also visit [www.aaa1b.com](http://www.aaa1b.com)

#### AAA 1-B Access Centers

Livingston/Washtenaw County	734-213-6704
Macomb County	586-226-0309
Monroe County	734-241-2012
Oakland County	248-357-2255
St. Clair County	810-388-0096

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