

ACCESS

How Healthy
is Your Home?
Pages 4 & 5



Your Link To Community Resources

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

Making Wishes Come True for Seniors

There really is a fairy godmother out there waiting to make wishes come true. Just ask Margarett Kirsch, a woman born with an adventurous spirit who, after 70 years, got to live out her dream of riding in a big rig across the United States.

It was a dream going back to when she was a girl growing up in Georgia. Kirsch said, "I'd see trucks arrive in town and wonder where they were headed. How many states would they drive through?"

Then about five years ago, Kirsch read a magazine article about a man who realized his lifelong dream with the help of the **Twilight Wish Foundation**. Twilight Wish grants non-financial wishes of U.S. citizens age 68 and older, who earn less than 200 percent of poverty level or are permanent residents of a nursing home or are unable to fulfill their own wish. Kirsch contacted the organization to see if she could make her dream come true.

It took a few years for Twilight Wish to coordinate donors, sponsors and the needed funding, but on June 5, 2011 at age 82, Kirsch embarked on a 15-day, cross-country, 6,500 mile journey riding shotgun in an 18-wheeler from Pennsylvania to California and back home to Florida. Retired trucker



Margaretta Kirsch's wish was to travel cross country in a big rig.

Annabella Woods worked with Twilight Wish and volunteered her time to drive Kirsch cross-country.

"That trip was a highlight in my life! There's not a day that goes by now that I'm not thankful," Kirsch said. "It was a wonderful time!"

A similar organization geared to granting the wishes of adults age 65 and older, is **Jeremy Bloom's Wish of a Lifetime**. Founder Jeremy Bloom wanted to fulfill the dreams of senior citizens as a way of honoring the memory of his grandmother. This was welcome news to Doris (who preferred her last name not be used) of Farmington Hills, who at age 89, took to the skies in a glider plane over Ionia, Michigan, all

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Practical Tips to Crime Proof Your Home

With warmer weather on the way, there's always the temptation to leave doors and windows open. However, Pete Matejcik, Community Liaison Officer of the Bloomfield Township Police Department, stressed the importance of keeping doors and windows locked.

"The number one point of entry for a criminal is an open garage door or pedestrian door to the garage," he said. It's an invitation for thieves to check out what you own, whether it's bikes, power tools, or landscape equipment.

There are many steps you can take to prevent your home from becoming a statistic. Start with a phone call to your local police department to see if they offer residents a free security assessment where an officer visits your home, reviews your living situation, and tailors safety measures to your address.

One recommendation might be installing a monitored alarm system, which can also provide a quick response in the case of fire or medical emergencies. Matejcik suggested asking your local police department for guidance before spending money or signing contracts with an alarm company. "Among many tips we can offer is to make sure all alarm equipment is U.L.® certified," he said. "Another is to post the alarm stickers at the main entries to your home. It's a simple step that can be an effective deterrent to crime."

Sturdy solid wood or metal doors with deadbolt locks that have a 1.5" or

greater throw (meaning the bolt passes one inch into the door frame) offer the best protection. "ANSI® grade 1 locks have the highest security rating," indicated Matejcik. "In addition, make sure all screws securing strike plates and hinges in your doorframes are 2.5-3" in length."

Matejcik also advised installing a peephole in the front entry door that provides a 180° field of view. "You should never open the door to anyone you don't know or aren't expecting," emphasized Matejcik. "If you have any

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A neighborhood watch is one of the top crime prevention tools.

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Making Wishes Come True for Seniors

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arranged and funded through Jeremy's foundation. Wish Fulfillment Supervisor Sally Webster remarked, "Doris wore a grin from ear to ear!"

American veterans age 65 and older are the sole focus of the **Forever Young Senior Wish Organization**. "This is our way of saying thanks to the soldiers who've served our country and safeguarded our freedom," said Founder Diane Hight. Forever Young grants all kinds of wishes. "We had a 1939 St. Louis Cardinals pitcher who

left baseball behind to fight in World War II. His dream was to throw out the first pitch for St. Louis," Hight said. "It took two years to put that together and it wasn't easy, but last August, at age 95, he threw the first pitch!"

It wasn't long before groups of veterans approached the foundation, longing to visit war sites and memorials together. So last fall, Forever Young held fundraisers to finance an excursion to Normandy, France; the Battle of the Bulge site in Belgium; and a cruise

down the Rhine River. "These trips are so healing," said Hight who escorted the group. Two upcoming excursions are in the planning stage for fall 2012; a visit to the World War II memorial in Washington D.C. and a journey back to Pearl Harbor.

Another organization called **The Granted Wish Foundation** makes dreams come true for the disadvantaged or disabled.

According to Director of Development Rod Ebright, "Even though we receive about 200 requests per week, we respond to every request, whether we are able to grant the wish or not. We do a case-by-case evaluation granting wishes to those of any age, located anywhere in the world."

The **Wish Upon a Hero Foundation** has a different approach to granting wishes. Their website is an online tool for people of all ages who have needs concerning basic living, education, healthcare, pets, and service requests. People post their wish and benefactors from all over the country come forward with funding to make that dream come true.

There is no fee to post a wish. "We've granted 5,582 wishes for Michigan residents," said Founder Dave Girgenti.

If you've got a dream you would



Benz Aviation pilot poses with Doris as she prepares to fulfill her lifelong dream of piloting a glider.

like to see fulfilled, contact one of the following foundations:

- For **The Twilight Wish Foundation**, call 877-893-9474 or visit online at www.twilightwish.org.
- Contact **Jeremy Bloom's Wish of a Lifetime** at www.seniorwish.org or call 303-954-9144.
- Check out the **Granted Wish Foundation** online at www.grantedwish.org, or call 330-244-9474.
- Veterans can contact the **Forever Young Senior Wish Organization** at 901-299-7516 or visit online at www.foreveryoungseniorwish.org.
- To get in touch with the **Wish Upon a Hero Foundation**, recently featured on "Good Morning America," visit online at www.wishuponaherofoundation.org or call 877-974-4376.

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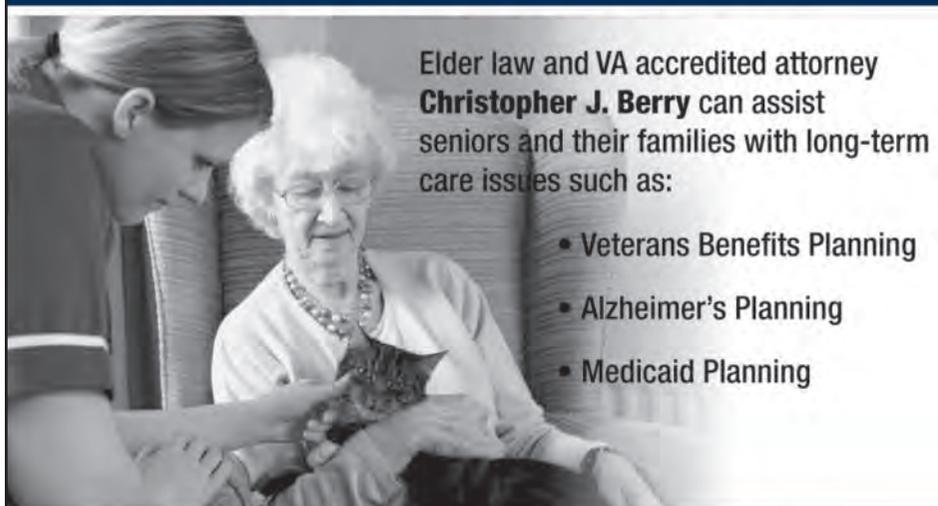
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Tips to Crime Proof Your Home *continued from page 1*

doubts, place a quick call to your local police department. We're here to help."

Not only are criminals looking for destinations that offer quick, easy access, they also aim for situations that protect their identity. A home blanketed in darkness invites trouble. "Install motion-sensing floodlights out of arms reach at entry points on all four sides of your home," Matejck added.

Eliminate potential hiding spots around the home perimeter by trimming back landscaping to no higher than 36" or at the level of your windowsills, whichever is lower. "And make sure your address numbers are easily viewed from the street, in large print, and well lit so your home can be quickly identified in an emergency," Matejck said.

Make your home look lived-in when you're not home. If you're leaving on vacation, stop your mail and newspapers and forward your phone calls. Continue to maintain the outside of the home with the help of a landscape service. Matejck recommended recruiting the help of a trusted neighbor to a) park their car in your driveway, moving it periodically; b) place one of their garbage cans at your home on pick-up

day; and c) collect any flyers that arrive in your absence. They can also do things like adjust your shades periodically. If they will be entering your home, give them a key to keep with them. Don't ever hide keys outside your home.

Semi-random timers, found at your local hardware store for under \$10, can offer an unpredictable, lived-in look. Having a radio or TV on one of these timers can add to that effect. Make the volume loud enough to hear if you were standing on the other side of the front door.

You can also notify your police department when you're going on a trip. "We'll need your date of departure and return. Depending upon the call load, the police department can adjust patrol activities to give your area added attention," he said.

One of the top crime prevention tools available in many metro Detroit areas are Citizen's or Neighborhood Watch programs. "A concerned neighbor is often the best protection against crime because suspicious persons and activities are noticed and reported promptly to the police," said Matejck.

ASK the expert



Christopher J. Berry
Witzke, Berry, Carter & Wander PLLC

Medicaid Estate Recovery: Planning is Key

Michigan has finally come into compliance with the 1993 federal regulations known as OBRA '93 which required all states to enact a Medicaid Estate Recovery program. This means the State of Michigan potentially now may be able to take the family home when a Medicaid recipient passes away.

What does estate recovery look like in Michigan?

Michigan's estate recovery program recovers from the estate of a deceased Medicaid recipient for the amount the state paid out in long-term care costs (such as nursing home care or care under the MI-Choice Waiver).

Michigan adopted one of the more relaxed estate recovery programs and, at this point, only recovers from assets passing through probate in the Medicaid recipient's name. The law does allow for the passing of non-probate assets to heirs if handled properly. Unfortunately, this will require a family to know how to navigate Michigan's rules and structure an estate properly in order to keep assets that might typically go through probate, such as a family home.

What assets will estate recovery take? Will my family be able to keep the house?

Typically, a Medicaid recipient's largest asset is the family home, which can pass through probate and then be subject to estate recovery when the Medicaid recipient passes away unless proper planning is done or exemptions

or hardships exist that will allow the survivors to keep the home.

Will Michigan estate recovery affect all Michigan Medicaid recipients?

Michigan's version of estate recovery will only affect Medicaid recipients who began receiving Medicaid to help pay for the cost of nursing home care or home and community based services after September 30, 2007. This includes MI-Choice waiver program. Additionally, federal law limits estate recovery to persons who receive Medicaid services after age 55 or who are permanently institutionalized, regardless of their age.

When does estate recovery take place?

It depends on whether the Medicaid recipient is single or married. If the Medicaid recipient was single, estate recovery takes place after the Medicaid recipient passes away.

If the Michigan Medicaid recipient was married, then there will be no estate recovery while the surviving spouse is alive, but once the spouse has passed away, estate recovery will be initiated. Estate recovery will also be delayed if there is a survivor who had been living in the home and providing care for at least two years prior to the recipient entering a long-term care facility or medical institution; or if a sibling with an equity interest in the home was living there for at least one

year prior to the recipient entering a long-term care facility or medical institution. Additionally, there are exceptions where no estate recovery will occur if the Medicaid recipient left a child who is under 21, blind or permanently disabled (as determined by SSA).

What is the process? How does the state recover?

Michigan has contracted with a private company known as Health Management Systems (HMS) who will be paid based on a percentage that the private company recovers through Michigan's estate recovery program. HMS sends notices out to families of deceased Medicaid recipients asking that they declare assets of the deceased. HMS will then attempt to recover against these assets. The family can submit a hardship waiver to try to defend against the estate recovery claim.

Final thoughts and things to think about.

If you or a family member are receiving help through Medicaid or you anticipate receiving care through Medicaid, it may be wise to consult with an elder law attorney familiar with Medicaid Estate Recovery. Planning is key as there may be things that can be done to protect assets such as the family home or other family assets.

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How Healthy is Your Home?



According to the Environmental Protection Agency (EPA), Americans spend approximately 90 percent of their time indoors. Michigan residents may spend even more time inside due to the state's often unpredictable weather. Quite often, we unknowingly bring toxins into our homes where there tends to be less ventilation. The EPA estimates that pollutants found indoors can be at a level two to five times higher, sometimes 100 times more, than outdoor levels.

Let's take a home tour to inspect the sources of indoor pollution typically found in each room and explore ways to make our home healthier.

Start with the entryway

The simple act of having people remove their shoes at the door can do a lot to keep out some common bacteria and nasty chemicals. Throughout the day, our shoes come in contact with lots of toxins and bacteria. Let's take your typical trip to the gas station. This simple act can track lead back into your home, an element also found in dirt, dust and paint. Even mild exposure to lead can be linked to hypertension, and cognitive and renal impairment.

Asphalt sealants and pesticides used in landscaping contain carcinogens and often hitch a ride on your soles, making their way onto your floors, carpets and rugs.

Open doors, unscreened windows, or unsealed areas in the perimeter of your home can welcome pests. Secure these areas and focus on prevention to avoid the cost associated with getting rid of them once they've settled in. Check out the "Citizen's Guide to Pest Control and Pesticide Safety" found online at www.epa.gov for many helpful tips on prevention and how to eradicate pests without the use of harsh chemicals. Just type the pamphlet title into the "search" box.

Moving on to the family room

Volatile Organic Compounds (VOCs) are natural and man-made carbon-based chemicals that evaporate quickly at room temperature. They can be found in every area of your home. Most are odorless, while some have a scent at higher levels. The risk to you depends upon the concentration, length of time of exposure, and the state of your health. These VOCs

can be found in many common household products including furniture, carpeting, drapes, vinyl flooring, adhesives, cleaning products, air fresheners and plastics.

What can you do to reduce your VOC exposure?

- Make sure you ventilate when possible.
- If you plan to purchase furniture, know that new pressed-wood products present a health threat as chemicals in the product give off gases. Instead, purchase floor models or used furniture from garage sales that have had ample time to off-gas.
- Avoid fabric freshening solutions. Most of these contain VOCs. Instead, attack the problem by removing the odor source. Once it's removed, use baking soda to absorb any remaining scent. Give it a couple hours to neutralize, and vacuum.
- Toss the air fresheners and instead make your home smell delicious by brewing water and cinnamon in a pot at low heat on your stove. Studies show this scent boosts brainpower.
- Reconsider stain-resistant treatments for furniture (i.e. Scotchguard), which can also contain VOCs. Instead, find a natural solution to treat stains. Use lemon juice, baking soda, or hydrogen peroxide.

The family room's fireplace, which should be professionally cleaned annually for safety, can be a source of carbon monoxide (CO₂); a colorless, odorless gas that can build up to dangerous levels. CO₂ is known as a silent killer because early signs can be confused with symptoms of the flu. But this situation can be prevented by purchasing and installing carbon

monoxide detectors (for under \$50) within 10 feet of the area where you sleep. Ideal additional locations are within 10 feet of indoor fuel burning appliances (i.e. fireplace) and near the laundry room.

Let's check out the lights in your family room. Compact fluorescent light bulbs that use less energy than bulbs you've had in the past contain a small amount of mercury. If the bulb breaks indoors, the vapor released from one bulb should not make you sick, but caution should be used.

Before clean up begins, the Michigan Department of Community Health recommends opening windows, doors and/or turn on exhaust fans to ventilate the room thoroughly for 15 minutes. Leave the area, don't vacuum. When the time elapses, use a disposable wipe to remove remnants. Then take duct tape and lift any remaining pieces. Throw duct tape, wipe, and broken pieces into a sealable plastic bag. Remove this from your home and dispose into the trash.

Next stop...the kitchen

Does your tap water have a filter? Filtering the water can remove lead, chlorine and pesticides that enter your water source, provided you replace filters according to the product's instructions. This can be a cost-effective method to obtain purified water and may be healthier than buying it in a bottle. Tap water coming from city water systems and community wells is regulated by the EPA, which requires an annual public report listing contaminants found in local water sources. The EPA does not monitor private wells, however. If you are using a private well as your home's water source, it is recommended that you have your water tested every year for total coli form bacteria, nitrates, total dissolved solids, and pH levels. You can contact your local health department to find out how to submit a water sample for testing.

Bottled water is regulated by the Food and Drug Administration (FDA), but be aware that this agency doesn't require an annual review of these products. In addition, studies are still being conducted to test the toxicity of plastic bottles that contain bisphenol A (BPA) a chemical that posed a cancer risk for rodents in previous studies.

An easy fix is to wean yourself away from plastics. Store food in glass containers instead. Replace plastic wrap with aluminum foil. Using plastic wrap over food in a microwave can leach dioxins into your food. Short-term exposure to high levels of dioxin can alter liver function and cause problems with the skin. Long-term exposure can impair the immune and endocrine systems and can disrupt reproductive functions. When heating food, place edibles in a glass or ceramic container.

Another element typically found in the kitchen is perfluorinated chemicals (PFCs) used in nonstick cookware coatings. Levels can accumulate in your body and the EPA lists it as a possible carcinogen. Switch to healthier alternatives like glass, stainless steel, and cast iron.

For household cleaning, utilize the following natural cleaning agents to reduce your exposure to potentially harmful, harsh chemicals:

- **Vinegar:** a stain remover, disinfectant, deodorizer (scent can be reduced by adding lemon juice), antiseptic, ice-proof for windows, and a cleaning agent. Great for windows.
- **Lemon juice:** an air freshener, stain remover, degreaser, and cleaning agent.
- **Salt:** a cleaning agent, degreaser, stain remover,

For household cleaning, utilize the natural cleaning agents to reduce your exposure to potentially harmful, harsh chemicals.

and antiseptic. Use with vinegar or lemon juice to give that little bit of abrasion needed to power off baked on or hardened messes.

- **Cream of tartar:** a stain remover
- **Baking soda:** a stain remover, deodorizer, cleaning agent, drain unclogging solvent (when used with vinegar), snow/ice melting agent, and is an effective way to extinguish a chemical or grease fire.
- **Borax:** an all-purpose cleaner, deodorizer, pesticide, and mold inhibitor.

Examine the bedroom

Cut down on dust mites, which live in dust and can exacerbate allergies. Start by making the room clutter free. Dust one to two times per week using a clean cloth and a solution of one part vinegar to three parts water. Wash sheets, blankets, pillows, rugs and curtains once a week in water that reaches 120-130 degrees. Then vacuum one to two times per week with a machine that has a HEPA filter. Once the room is cleansed, mite-proof mattress and pillow cases offer an effective barrier while you sleep. You can purchase a mattress encasement for under \$120 and pillow encasement for under \$30. Visit www.cleanrest.com for more information.

Prior to 2005, a class of flame retardant chemicals called Polybrominated Diphenylethers (PBDEs) was frequently used on mattresses and pillows. PBDE's can cause permanent learning and memory impairment, behavioral changes, hormone disruption, and hearing deficits. If you aren't in a position to replace with organic products that don't carry this threat,

encase the mattress and pillow cases (zipper encasements are recommended) and then dust/vacuum (HEPA filter) often.

Is your bathroom hosting unwanted guests?

This can be the unhealthiest room of your home if not given the proper attention. To prevent the spread of bacteria, close the toilet lid when flushing. Place toothbrushes away in a covered holder to prevent contamination. Never store them out in the open. Disinfect the toilet using vinegar and a toilet brush a few times a week.

Look for areas around water sources where mold or mildew can grow. Exposure can worsen allergy and asthma symptoms, cause coughing, wheezing, and nasal and throat issues. To rid your home of mold, visit www.michigan.gov/mdch-toxic and read the brochure, "Molds in your Home." You'll find helpful tips to cleanse your home of this fungus.

What's hiding in the attic?

Asbestos is a mineral that at one time, was used in insulation, tiles for ceilings and floors, and furnace and pipe wraps. If exposed to this toxin, the microscopic fibers become lodged in the lungs as you inhale. The EPA has an informative website to obtain detailed information on asbestos. Don't attempt to remove this yourself. Instead, visit online at www.epa.gov/asbestos or call the EPA Asbestos Ombudsman hotline at 800-368-5888.

Don't forget the basement

Most dehumidifiers are located in this area of the home. To protect your indoor air quality, keep humidity levels within a range of 30-50 percent.

Another step to purifying your home is to check for radon, an invisible radioactive gas that is emitted from rock and soil beneath some homes that is linked to lung cancer. According to the Michigan Department of Community Health, one in eight Michigan homes have a radon issue, so it's important to test your home to see if radon is present. Obtain an easy-to-follow test kit from your local health department for under \$10. If you've got questions, contact the National Radon Hotline at 800-767-7236.

Lemon, vinegar and baking soda can help you clean without harsh chemicals.



Older Michiganians Day Gives Older Adults a Voice in Lansing

Over 800 seniors and advocates are expected to gather on the East Lawn of the State Capitol Building on Wednesday, June 20 for Older Michiganians Day. This annual gathering in Lansing is designed to help give a voice to older adults in Michigan. The theme of this year's event is: The Senior WAVE: We Advocate, We Vote, and We Energize the Economy.

"We want legislators and our governor to understand where seniors stand on issues like the importance of support services that enable older adults to age healthfully and live in the settings they prefer," explained Jim McGuire, Area Agency Director of Research, Policy Development and Advocacy. "Seniors have tremendous voting power and are a huge economic asset to our state," McGuire pointed out that seniors are a \$32 billion economic force in Michigan; bringing in funds from outside the state in the form of Social Security and VA benefits and spending it on things like health care or long-term care. "Michigan's seniors are responsible for creating quite a few jobs," he said "We need to make sure the State's policies and budget decisions encourage them to stay."

The event's agenda includes individual or small group meetings with lawmakers, speeches from legislative leaders and advocates, and honorary recognition of senior advocates and volunteers.

Organizers are going out of their way to make sure the day will be comfortable for everyone. "We are going to have tents again this year, so there will be plenty of shade," said Ann Langford, Area Agency on Aging 1-B Advocacy Specialist. "We will have plenty of chairs and bottled water too."

Free, boxed lunches will also be available for those who pre-register for the event and receive a lunch ticket. A limited number of lunch tickets are available on a first-come, first-serve basis by contacting Ann Langford at alangford@aaa1b.com or 248-262-1282. "We do want to emphasize that everyone is welcome, even if you don't have a ticket," said Langford. "We need every voice out there advocating for seniors."

If you can't attend the event or would like to contact your legislator to advocate from home, call your Senator at 517-373-2400 and your Representative at 517-373-0135. Operators will direct you to their offices.

You can also find contact information for both state and federal legislators by visiting www.usa.gov/Contact/Elected.shtml

This year's event is being sponsored by Blue Cross Blue Shield of Michigan (BCBSM) and also being supported by Consumers Energy. "We are grateful to have organizations like Blue Cross Blue Shield standing beside older adults," said Langford. "Not only are they an important sponsor, but members of Blue Cross Blue Shield of Michigan's Blues Caring Crew volunteer team will be there to lend a hand with the event."

"Blue Cross Blue Shield of Michigan is excited to be a sponsor of Older Michiganians Day," said Bridget G. Hurd, Director, Community Responsibility, BCBSM. "This is the perfect occasion to present our Community Service Awards and salute the outstanding work of a senior organization and two senior advocates in our community." Representatives from the BCBSM SilverSneakersSM senior fitness program will also be there to lead the warm-up and seventh-inning stretch exercises and share healthy living tips and information.



OLDER MICHIGANIANS DAY

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Volunteers/Organizations Honored at Annual Meeting

The Area Agency on Aging 1-B (AAA 1-B) once again honored volunteers and organizations that have positively impacted the lives of older adults and adults with disabilities at its Annual Community Meeting held on May 11.

Corporate/ Business Leadership Awards

DTE Energy®



DTE Energy's generous support for the Holiday Meals on Wheels program provided funding for all meals delivered to frail homebound seniors on Christmas Day 2011 in southeast Michigan. In addition to the financial support, DTE Energy employees and their families also provided countless hours of volunteer support, helping prepare, package and deliver meals.



Forgotten Harvest's substantial contribution to the "Shine Light in the Darkness" food collection program helped make it possible to provide a warm, holiday meal on Christmas Day to thousands of older adults in a congregate setting.

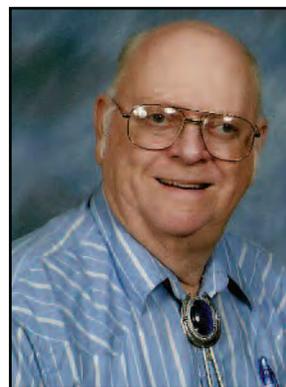
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Lynn Alexander, CEO
Your Aging Well Advisor

Alexander's passion, dedication and commitment to enhancing the lives of older adults in Michigan spans decades. As past Director of the Michigan Office of Services to the Aging, she was instrumental in the development of a highly successful long-term care education campaign, providing healthy aging programs and providing unprecedented funding for the refurbishment of senior centers and adult day care facilities. She has also served as a member of the Michigan Commission on Services to the Aging, an Older Adult Advocate for Oakland County, and was a founding co-chair of the Oakland County Save Task Force on elder abuse.

Volunteer/Community Leadership Awards



James Seegert (posthumously)
AAA 1-B Board of Directors

Seegert was a tremendous advocate for older adults and family caregivers. His volunteer involvement and leadership touched many nonprofit and community organizations, including the AAA 1-B, where he served as a member of the Board of Directors and Advisory Council for over 16 years.



Mark Swanson
AAA 1-B Advisory Council

Swanson is a committed advocate for older adults. He serves on the AAA 1-B Advisory Council, served as Director of the Howell Senior Center, and is a member of the Livingston County Consortium on Aging, Livingston County Leadership on Aging Committee and the Michigan Senior Advocates Council (MSAC).



Tiffany Reo, President
Care Solutions Group

Reo is being recognized for her long-time support of programs to enhance the lives of older adults, including Holiday Meals on Wheels. She served on the AAA 1-B Advisory Council, where she took on a leadership role in several ad-hoc study committees.



Advocacy • Action • Answers on Aging

Mission

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

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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