

ACCESS

Loving
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Pages 4 & 5



Your Link To Community Resources

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

Senior Musicians Score with the Benefits of Music

Anyone who sings or plays an instrument can tell you that music is good for you. It's currently used by certified music therapists nationwide to treat the effects of Alzheimer's, Parkinson's, cancer, stroke, heart attack, chronic pain, and depression. In fact, the first music therapy program in the world originated at Michigan State University in 1944.



Director Florence Yorke leads the Meer Senior Apartments' Choir during a practice session.

Since then, countless studies have demonstrated that music is a natural way to boost memory, enhance mood, ease stress, lower blood pressure, lessen aches and pains, reduce respiratory and heart rate, as well as encourage movement and social interaction.

Choir Director Florence Yorke sees the positive effects of these musical perks every Wednesday while conducting choir practice at the Jewish Senior Life's Meer Apartments in West Bloomfield. The senior residence is home to the Meer Choir, twenty vocalists, all in their 80s and 90s. "They just love to sing," Yorke exclaimed.

Nothing short of inspirational, Meer choir members attend weekly practice sessions held at the senior residence, even though many arrive using a cane, walker, or hearing aid. Some are visually impaired, while others have physical problems that aren't visibly apparent.

"Life's not always easy when you're old and health issues sometimes get in the way. But when we sing together it gives us something to look forward to and I'm very proud of them for their dedication," said Yorke.

Coming together to practice gives members the opportunity to socialize and feel connected within a chorale. Together in unison they enjoy singing songs they already know by heart, like the 1920s hit "Red, Red Robin" and "April Showers."

"Sometimes, I have to fight tooth and nail to get the choir to learn new songs," she admitted and indicated that their audience, often comprised of children and grandchildren, really respond to the contemporary tunes. If that

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Snail Mail for Seniors Provides a Link for the Lonely

When Plymouth resident Cathy Donaldson would visit her grandmother at a local nursing home, she was stricken by the fact that there were residents who rarely had visitors. She noticed that while her grandmother's walls were decorated with cards and pictures from family, other residents' walls were bare.

It was this vision that moved Donaldson to create a non-profit organization in 2007 called Snail Mail for Seniors, a greeting card service run by volunteers who create and donate cards. Correspondence is then mailed off to nursing homes and assisted living facilities throughout Michigan where facility directors deliver them to seniors who would benefit from a note of appreciation. "The service is targeted to Michigan seniors who don't already receive mail or visitors," explained Donaldson. "Our mission is to make sure these senior citizens know they are not forgotten."

Today, this free service has connected volunteers with over 550 seniors in 32 nursing home and assisted living facilities throughout Michigan twice a month. Seniors in private homes are also eligible and have been added to the mailing list by personal request. And the service was recently extended to brighten the lives of Canton Meals on Wheels homebound lunch recipients, who receive a card every month with their home delivered meal.

According to Donaldson, the response from those receiving mail was encouraging. "We've gotten a lot of wonderful feedback from seniors and facility directors. One activity

director wrote, This is truly a blessing to receive Snail Mail! It gives our residents a sense of independence and love. Thank you!" Donaldson said.

She added, "We also received responses from seniors. One man wrote, Thank you for your cards. Please keep sending me mail. Don't forget me!"

And the benefits extend to those who generously donate their time. Snail Mail Volunteer Venora Johnson of Canton said, "To me, it's such a simple

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Cards range from simple to elaborate. Making the cards provides a creative outlet for many of the volunteers.

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doesn't work, Yorke reminds the choir that learning something new is great exercise for the brain. And if that effort doesn't work, "I always win because I tell them I'm the boss," she laughed.

The challenge will be committing these tunes to memory. Not all choir members know how to read music, so Yorke prints out the lyrics for each singer. To memorize the melody, the group listens to volunteer piano accompanist Barbara Goldberg play the tune as Yorke sings. "Then, little

by little, everyone joins in and we get it down," Yorke said.

The Meer choir performs twice a year, in fall and spring concerts, and also upon request. They typically draw a sizeable local audience of around 180 people. "On the day of the concert everybody is so excited," she confessed. "We all wear white tops and black pants or skirts so that everyone looks nice when we march into our performance."

Meer Choir's spring concert will take place on May 21st at 8 p.m. where they'll highlight the celebration of spring with standard favorites. They'll also present pop favorites such as, "When I'm 64" (they'll sing '94' instead) and the Simon and Garfunkel tune, "Feeling Groovy." For more information on the Meer Choir's upcoming spring concert, contact Marcia Mittelman at 248-661-9607.

Further southwest, in Washtenaw county, older adult musicians throughout Southeastern Michigan kick up their heels and make music happen at the Polka Jam Session, every third Tuesday of the month. The American Legion Hall at 44 Wabash Street in Milan is filled to capacity as accordion players (button and piano), violin, brass and drum players join with singers, dancers and spectators to bring polkas, traditional ethnic music, waltzes, and old-time tunes to life. All instrumentalists are welcome to this unrehearsed event and usually play by ear, without sheet music.

Musicians Carl Pribyl of Milan and Bonnie Weber of Dundee organize the

monthly event. Weber, a button accordion player and member of the Michigan State Polka Hall of Fame noted, "It's a very stimulating experience because of the challenge to learn on the spot while accompanying others. People often sing along, sometimes in a different language," she said and mentioned that past jams have had as few as eight and as many as twenty musicians. "About 95% of those who attend are senior citizens," she said.

Some upcoming polka jams will begin with dinner at 6 pm for \$8 or less and beverages are always reasonably priced. Admission is free. Music commences at 7 p.m. and the merriment continues until 9 p.m.

"Our Polka Jam Sessions bring people together," Weber stated. "They help heal the listeners as well as the person playing. And those dealing with issues of aging find comfort as they rejoin their circle of friends." If you'd like to test your musical skills or be part of the lively crowd, contact Weber at 734-529-3903 for details on the next event.

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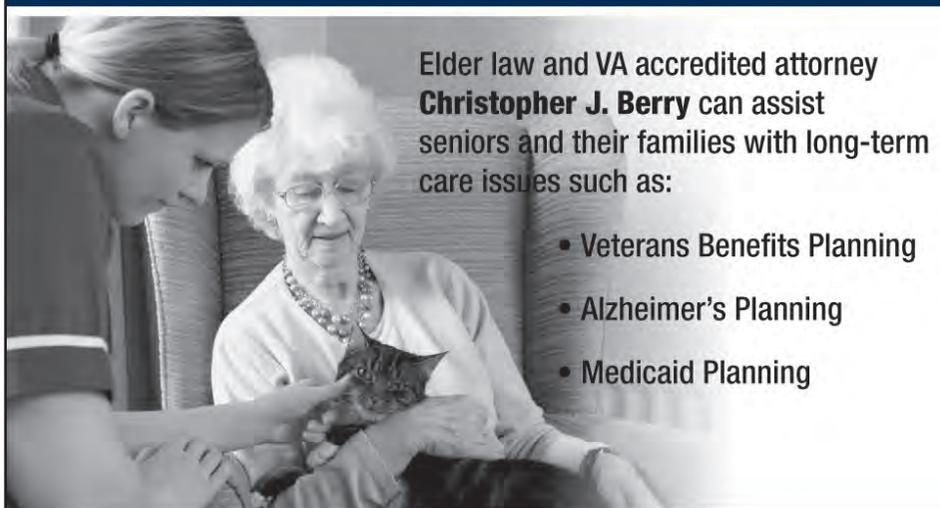
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Snail Mail for Seniors continued from page 1

thing that I'm doing. I feel honored to be able to help brighten someone's day, one card at a time."

Johnson volunteers 12-15 hours each week. "When I heard about seniors who never got mail or visitors, I knew I had to be involved," she said. Along with being a wife, Johnson is also her mother's caregiver. "I get a warm feeling knowing that I'm doing something that makes others happy."

Elaina Husken and her husband Mike have made creating Snail Mail a family project for the past three years. "It's a wonderful charity because we can do this from home and it sets a good example for our children," explained Husken who mentioned that her family spends around five hours a week creating cards.

Another volunteer, retired elementary teacher, Sue Kalis, also from Canton, found this charity to be a natural fit. "I was always cutting and pasting when I was a first grade teacher for many years. So here I am. I like artsy things and this fits the bill," she said.

Kalis understands the importance of maintaining communication with those you love. "My mom is in an Alzheimer's unit," she said. "Cathy told us about seniors who carry their cards everywhere. That touched me. I knew I had to do this and send smiles in the form of cards."

Volunteers of any age, anywhere in the country can create and submit Snail Mail to a post office box rented by Donaldson. Local donations can be

placed in a bag or box labeled 'Snail Mail' and dropped off daily from 8:30 a.m.-7 p.m. at the Waltonwood Carriage Park Assisted Living Home in Canton.

So far, Donaldson has been able to balance the supply and demand. When Snail Mail for Seniors first started out, Donaldson acquired donations for materials and using her own money, funded the postage and other expenses like purchasing mailing envelopes and card supplies when needed, renting a post office box, and covering brochure print costs. "Occasionally, I receive monetary donations, and I'm happy to spend my own money on this valuable cause," she said. In fact, when her grandmother passed away, Donaldson decided to use the inheritance money to fund Snail Mail for Seniors.

It's been a successful investment, with more seniors receiving Snail Mail now than ever before. Over 1,200 greetings are delivered to seniors each month.

But the problem currently facing Snail Mail for Seniors is funding. "My inheritance money ran out," admitted Donaldson. "I'm currently looking at ways to bring in more financing."

However, looking at the big picture, Donaldson hopes the organization creates an awareness of the importance of reaching out to senior citizens in the form of a card or letter. "It's a reminder to them that they are not forgotten. Such a simple concept that means so much," she said. For more information on Snail Mail for Seniors, visit www.snailmailforseniors.com.

ASK the expert



Karen Sarmir, LLMSW, Program Coordinator
Alzheimer's Association
Greater Michigan Chapter

My doctor told me that my family member has dementia. Is that the same as Alzheimer's disease?

The words "dementia" and "Alzheimer's disease" are often used interchangeably, but they are not the same. The word "dementia" is an umbrella term that is used to describe the symptoms that occur when the brain is affected by a certain disease or medical condition that causes a

decline in cognitive functioning. One of the many diseases that can cause dementia is Alzheimer's disease, which is the most common form of dementia. If your loved one has dementia, it could be Alzheimer's disease, but it might not be. A few of the other types of dementia include vascular dementia, frontotemporal dementia, and Lewy body disease.

I am noticing some signs in my family member that concern me. Is it just normal aging, or Alzheimer's?

As we get older, we know that our physical abilities and our bodies change. Just as our bodies age, our brains also age, and this can cause some memory changes. There are differences, though, between signs of Alzheimer's and changes typical of the aging process. Some signs of Alzheimer's disease include poor judgment and decision making; confusion with time, the date, or the season; difficulty having a conversation; and misplacing things and being unable to retrace steps to find them. Some signs of typical age-related changes include making a bad decision

every once in awhile; forgetting what day it is and then remembering later; sometimes forgetting what word to use or experiencing the "tip of the tongue" phenomenon; and misplacing things from time to time, such as the keys or remote control.

What are some tips that will help make my life as a caregiver a little bit easier?

There are many different tips and strategies that caregivers have found to be helpful with the daily challenges of Alzheimer's disease. Here are a few of them:

- If the person you are caring for is exhibiting a behavior that is frustrating to you, remind yourself that it is not intentional, and that the behavior is being caused by a disease and by changes occurring in the brain.
- Don't argue with the person—this will only create more frustration and anger for you and the person you're caring for.
- Focus on the feelings behind what the person is saying, rather on the facts. If the person is saying repeatedly, "I want to go home," think about what "home" means (comfortable, safe, familiar), and what the person could be feeling, not just the words they are saying.
- Try to schedule and plan activities around the person's best time of day.

Establishing a general daily routine can also be helpful for you and the person you're caring for, and can help reduce some of the confusion by providing a sense of familiarity.

- Focus on their strengths and what they still can do, not what they can't do.
- Give one-step directions, and ask one question at a time. Simplify your communication.

What resources and services are available?

The Alzheimer's Association has a wealth of information and resources for caregivers, as well as for those who are living with the disease. The Alzheimer's Association is currently partnering with the Area Agency on Aging 1-B to offer Creating Confident Caregivers (CCC), an educational training program for families who are caring for someone with Alzheimer's disease or a related dementia. The trainings are held for two hours, once a week, for six weeks, and free respite care is available. Please see page eight for a list of upcoming classes. For additional information, please call the AAA 1-B at 800-852-7795. For additional information on the Alzheimer's Association, please visit our website at www.alz.org or call our 24/7 Helpline at 800-272-3900.

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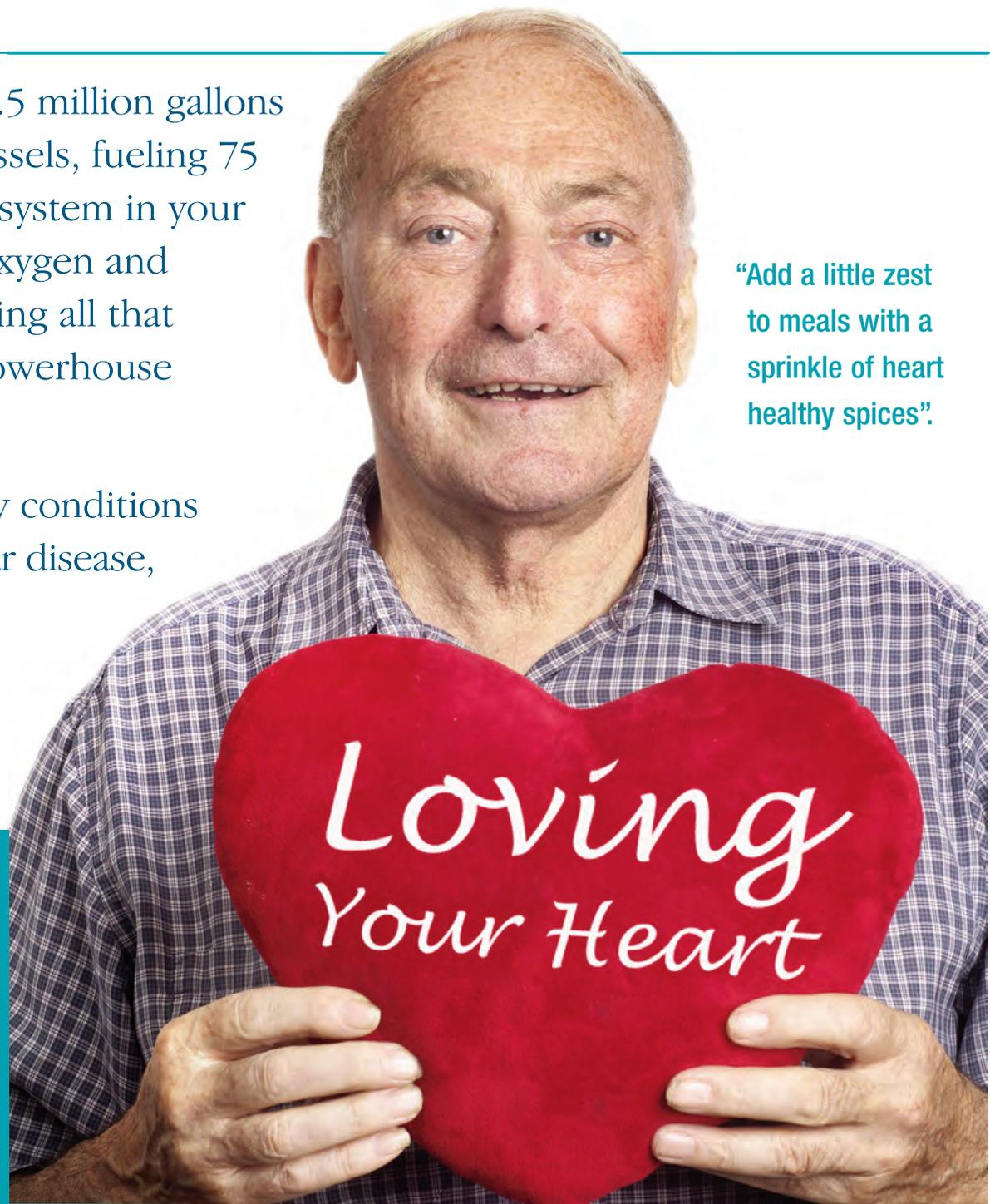
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Over your lifetime, your heart will pump 1.5 million gallons of blood through 60,000 miles of blood vessels, fueling 75 trillion cells within your body. Every other system in your body depends upon the heart to receive oxygen and nutrients needed to function properly. Taking all that into account, doesn't this complex little powerhouse deserve a little of your tender loving care?

Heart disease is an umbrella term for many conditions that strike the heart including cardiovascular disease, congenital heart defects, infections, atrial fibrillation, coronary artery disease, and arrhythmias. These conditions can lead to a heart attack, angina, or stroke.

According to statistics published in 2011 by the Michigan Department of Community Health, every 20 minutes a Michigan resident dies of heart disease. That being the case, it doesn't have to be you. In fact, the good news is that you can prevent and even reverse the effects of heart disease by making key lifestyle changes. Keep in mind though, that only permanent change delivers permanent results. That being said, here's how to get started...



“Add a little zest to meals with a sprinkle of heart healthy spices”.

Learn your numbers

Just as your driver's license number or social security number reveals a lot of information about you, so do health numbers that relate to your heart. These figures should be checked at your annual physical and discussed with your doctor. The last seven are determined through a blood test.

• Resting heart rate

You can check your resting heart rate yourself by stretching your thumb and middle finger around your wrist, over the blue artery. You'll feel the vein tap against your middle finger. Count the number of taps you feel within 60 seconds to determine your pulse or heart rate. If you've been inactive at least 10 minutes prior to taking your pulse, the result is called a resting heart rate. A normal resting rate is anywhere from 60 to 100 beats per minute.

A heart rate beyond either end of that range warrants a call to your physician, especially if you're also experiencing episodes of dizziness, shortness of breath or fainting.

• Blood pressure

Ideal is below 120/80, and optimal is 115/76. The first number usually represents the systolic (blood pressure when heart beats while pumping blood) and the second number is usually diastolic (blood pressure between beats, when heart is at rest).

Medication is usually recommended for readings of 160/100 or higher. High blood pressure is also known as hypertension. Blood pressure tends to go up with age, and weight gain, if you're considered to be overweight.

Before taking the test, make sure you've gone to the bathroom and then relax for five minutes before your reading. Movement and having the urge to go can elevate your reading, as can talking during the test or having an arm pressure cuff that isn't the properly sized for your arm.

• Body mass index

This is a measurement of your body fat based on your height and weight. It should be 18.5 - 24.9. Visit www.nhlbisupport.com/bmi/ to obtain your calculation.

• Waist size

Aim for less than 35 inches.

• Low-density lipoproteins (LDL-bad cholesterol)

Lipoproteins transport cholesterol to parts of the body where they patch any nicks or holes within your arteries. LDL should be less than 100, or 70 if you have more risk factors for heart disease.

• high-density lipoproteins (HDL-good cholesterol)

Experts believe that these lipoproteins remove excess cholesterol from artery plaque. Number should be greater than 45 for men and 55 for women.

• total cholesterol

Add LDL and HDL levels. Divide triglyceride level by five, and add it to the sum of your LDL/HDL levels. Optimal is less than 200 mg/dl, which stands for the number of milligrams (mg) of cholesterol measured per deciliter (dL) of blood.

• high sensitivity c-reactive protein

Produced by your liver, this measurement indicates the level of inflammation in your body. If your level is higher than 3.0 mg/L you are at high risk for cardiovascular disease.

• homocysteine level

This is a by-product (created when the body digests protein) that causes inflammation and nicks within the walls of your arteries. Level should be 9mg/dl or less. Check with your doctor to see if you should continue or begin taking vitamins B-6, B-12 and folate, which can prevent heart disease.

• triglyceride level

A measurement of harmful blood lipids, (fat-like, waxy substance) that optimally, should be less

than 150. A level higher than that could be indicative of high cholesterol.

• **blood sugar level**

Should be lower than 100mg/dl following a fast before testing.

The Beaumont Hospital System's Heart and Vascular Wellness Screening Center offers "7 heart tests for \$70" that provide you most of these numbers and others. For information, call 800-328-8542.

Medicare also covers a cardiovascular screening once every five years.

Fuel your heart with nutrients

Your heart is first in line to receive nutrients in the bloodstream, so it's important to eat meals that enrich this vital organ. Past research suggests that the Mediterranean Diet, consisting of foods typically eaten in places surrounding the Mediterranean Sea, can reduce the risk of heart disease. This way of eating calls for foods that are good for the heart like whole fruits, non-starchy vegetables, salmon, whole grains, virgin olive oil, legumes, and nuts. These selections tend to be low in fat and sodium, a good source for vitamins and minerals, contain antioxidants, are high in Omega-3 fatty acids and polyphenols, which have anti-inflammatory properties and help to restore cells.

Dehydration can cause a rise in blood pressure, so make sure you consume water according to your doctor's recommendation. Once you've had enough liquids that are not dehydrating, you could also include a daily serving of alcohol. Women on this plan can have 4 ounces of wine (studies show red contains the antioxidant resveratrol) or 1.5 ounces of liquor (vodka, whiskey, brandy, etc.) or 12 ounces of beer. Men are allowed two servings daily. A study out of Harvard found that including this serving size in your daily diet can protect you from heart disease, but drinking more than this recommended serving size can actually increase your risk of heart disease and dehydration.

Add a little zest to meals with a sprinkle of heart healthy spices like cumin, coriander, cinnamon, ginger, and/or orange peel and you can lower your blood pressure. At the same time, cut back on salt (no more than 2,000mg daily) and sugar (replace with honey) which can increase inflammation.

Before starting any diet or exercise plan, get your doctor's approval first so that your medications and current state of health are taken into account. During

an office visit, review your potassium, vitamin D and magnesium levels through a simple blood test. Low levels have been linked to heart failure (heart fails to pump as effectively as before) and high levels of potassium can lead to stroke.

While consulting with your doctor, here are a couple other matters you may want to address. If you take aspirin regularly as a way to help your heart health, you could develop a resistance over time. Your doctor can run an optical platelet aggregation test, through a blood draw, that is covered by most health plans, to determine if you're still receiving the benefits of this drug.

If you haven't had your pneumococcal vaccine, you may want to reconsider. According to studies published in the Canadian Medical Association Journal, people who received this vaccine showed a 50% lower risk of heart attack. In addition, the health benefits increased with time, beyond initial exposure to the vaccine.



Get your blood pumping

Exercise not only burns calories, but also quickens the bloodstream's delivery of nutrients found in your heart-healthy diet. This nourishes your organs and tissues, making you feel better. Even normal daily activities like cleaning or gardening will burn calories.

Renowned Cardiologist and New York Presbyterian Hospital's Cardiovascular Institute and Complementary Medicine Program Director Dr. Mehmet C. Oz recommends burning 500 to 950 calories a day for optimal

heart health. Get the most comprehensive results with two different workouts. On one day, commit to more vigorous exercise like swimming, biking, aerobics, etc.; endurance building activities that power up your heart and lungs. The next day, switch to moderate exercise like walking, weight-lifting, yoga, etc., which lower your LDL levels and raise HDL levels. Continue by alternating these workouts.

Don't miss out on zzzz's

Studies show that if you don't get enough sleep, you could be missing out the critical restorative stage of sleep. During this stage, your blood pressure drops an average of 10-20%. This is also when you get your daily dose of serotonin, which has an effect on cardiovascular function; regulates your endocrine system and body temperature; controls your sleep, appetite, memory, mood, learning and behavior centers, muscle contractions; and has an effect on depression.

The uninterrupted sleep recommendation for women is 6-7 hours and for men is 7-8 hours. When you cut that span short, you deprive your heart of this essential recuperation time. In fact, a recent study out of Greece found that an afternoon nap for thirty minutes, three times a week, can lower your risk of heart-related death.

Stomp out stress

You can sleep it off, exercise it away, or laugh it off. But you've got to slough off stress. It makes your heart work harder. Anger, anxiety, depression, denial, and hostility also have a negative impact on your heart.

Combat these effects with meditation, Tai-Chi, and yoga to help regulate your breathing. Ultimately, it's vital to get to the root of the issue and resolve it, eliminating the source of your stress. Therapy and support groups can be helpful in discovering answers, while denial can have a harmful snowball effect on your health.

Adopt a healthy lifestyle

Stopping smoking, excessive drinking and maintaining a healthy weight, are changes you'd expect. But did you know that getting your teeth professionally cleaned can be beneficial to your heart? Results from a recent study out of Taiwan showed that having a deep cleaning (aka scaling) done at least once every two years by the dentist or hygienist lowered the risk of heart attack by 24%. Bacteria found on your teeth called porphyromonas gingivalis, can cause inflammation and is eliminated during these visits, preventing it from entering into your system.

How to Survive a Heart Attack if You're Alone

Most heart attacks occur between 6 a.m. and noon, with more heart attacks happening on Mondays. This could be due to an increase in activity and leads to an increase in blood pressure, heart rate, and the stress hormone cortisol. Prevent this by waking up slowly with deep breaths and stretches.

Symptoms of a heart attack typically differ as follows for men and women, however either sex can experience any of the signs listed below:

Males...(Fact: heart weighs about 10 ounces)

- Chest pain or discomfort (pressure, squeezing, fullness)

- Shortness of breath
- Pain or discomfort in the arms, jaw, shoulder, or between the shoulder blades
- Feel light-headed, faint, or weak
- Cold sweat

Females...(Fact: heart weighs around 8 ounces and arteries tend to be smaller)

- Profound, sudden fatigue, anxiety and weakness
- Shoulder aches
- Indigestion
- Nausea
- Throat feels constricted
- Swelling lower legs or ankles

When your heart stops beating properly, you may feel faint. At this point, you may have only 10 seconds before passing out. Take a deep breath to draw oxygen into your lungs. Then forcefully cough every two seconds, as though you were bringing up mucus from your chest. This puts pressure on the heart and helps to circulate your blood. It can help you to regain normal heart rhythm. Repeat every two seconds until you feel the heart beat return to normal or until you're able to get help from someone or by calling 911. Every second counts towards your long-term survival, so don't delay in getting help.

Relieve Spring Fever with These Quick and Close Day trips

As the calendar shifts from winter to spring, many people catch spring fever... the feeling of being distracted, restless, depressed or elated, having bursts of energy, and or a loss of appetite. Quiet that spring itch by getting out of the house and taking a few mini-vacations close to home.

Located just 35 miles south of Detroit, is Monroe (both county and city), named after James Monroe, the fifth president of the United States. It's rich and history and its downtown features architecture that dates back to the 1700s.

Visit the River Raisin Battlefield at 1403 East Elm Avenue in Monroe. Formerly known as "Frenchtown", this is where French settlers and Kentucky soldiers fought British forces and were also attacked by Indians during the War of 1812. View the national battlefield on the shores of the River Raisin, the site of Michigan's most deadly conflict, with the highest number of Americans killed during a single battle.

Plan your visit May 19th-20th and enjoy live demonstrations, costumed re-enactments, battle history, and activities for all ages at the Spring Open House. Contact the River Raisin

National Battlefield Visitor's Center 734-243-7136 for more information or visit www.nps.gov/rira.

Explore the Victorian Sawyer Homestead on East Front Street, home to the area's first European settler Francois Navarre. Call 734-242-0168 to make a reservation prior to your visit. And don't leave town without checking out Michigan's original First Presbyterian Church where General George Custer married his beloved Elizabeth Bacon.

North of Monroe, is a collection of museums with a transportation focus. Begin your adventure at the historic Willow Run Airport, home of the Yankee Air Museum in Belleville. See historic planes, including the 1943 North American B-25D Mitchell known as the Yankee Warrior, a plane used on eight combat missions over Italy and a 1944 Boeing B-17G-110VE Flying fortress known as the Yankee Lady. Learn of the history of the airport built in 1941 by the Ford Motor Company to serve as an airfield for their B-24 Bomber plant, which utilized mass production advances found in Ford auto manufacturing plants. Adult admission is \$5. For hours of operation and to arrange



River Raisin Battlefield Visitor Center. Photo courtesy of National Park Service.

for a group tour, call 734-483-4030 or visit www.yankeeairmuseum.org.

Minutes from Belleville in Ypsilanti is the Michigan Firehouse Museum, a historic 1898 firehouse, home to one of the largest fire truck bell, siren and light collections in the country. Learn of Michigan's firefighting history and listen to tips on fire prevention and safety. Open Tuesday through Saturday from 10 a.m.-4 p.m. and Sunday from 12 p.m.-4 p.m., adult admission is \$5. Call 734-547-0663 for additional details.

Then travel 2.5 blocks east to the Ypsilanti Auto Heritage Museum, where you'll learn about the evolution of the auto industry and over 100 car companies that are part of its history, including The Hudson Motor Car Company (1909-1954), Apex Motors Ace Car, the Tucker '48, and more.

The museum re-opens in time for spring on Sunday, February 27th. Adult admission is \$5. Call 734-482-5200 or visit www.ypsiautoheritage.org for details.

Farther north, in the thumb area of Michigan is the harbor village of Lexington, the first settlement on the shores of Lake Huron. Step back in time and see the Cadillac House Restaurant and Pub which was rebuilt in 1860 after it was destroyed by fire the previous year.

Visit near St. Patrick's day and experience Irish games on March 3rd at 2 p.m.; Irish Teatime on March 4th at 2 p.m.; and a St. Patrick's Day Parade and Party at the Old Town Hall Winery on Sunday March 17th starting at 2 p.m.. Be sure to visit the town's many quaint shops and nearby wineries.



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Calendar of Events



Art of Aging Successfully

Thursday, March 22
8:30 a.m. – 2 p.m.
Greater Grace Conference Center
23500 W. 7 Mile Rd., Detroit
Cost: \$18

This conference, sponsored by the Wayne State University Institute of Gerontology, features sessions on health coaching, exercise, creativity, cooking, making lifestyle changes and brain health. The event also includes a “gallery walk” that includes the works of senior area artists. This conference tends to sell out quickly, so be sure to register early.

For More Information: Donna MacDonald at 313-664-2605 or ba8841@wayne.edu.

Creating Confident Caregiver Workshops:

FREE, six-week workshop series sponsored by the Area Agency on Aging 1-B and the Alzheimer's Association.

Designed to help those caring for relatives with Alzheimer's disease, dementia or memory loss. Free on-site respite care available. Call the Area Agency on Aging 1-B at 800-852-7795 to register.

Upcoming classes:

Ann Arbor:

U of M Turner Senior Resource Center, Silver Club
Thursdays, 10 a.m.-12 p.m.
Beginning March 29

The Oaks Adult Day Service
Tuesdays, 10 a.m.-12 p.m.
Beginning June 5

Clinton Township:

Macomb County Department of Senior Citizen Services
Tuesdays, 10 a.m.-12 p.m.
Beginning May 22

Monroe:

Frenchtown Senior Citizen Services, Inc.
Tuesdays, 1-3 p.m.
Beginning, March 6

Port Huron:

Star Path Adult Day Service
Thursdays, 4-6 p.m.
Beginning May 10

Saline:

Evangelical Homes of Michigan
Wednesdays, 2-4 p.m.
Beginning May 23



Have No Fear... Tax Help is Here

It's that time of year again: tax time. Make it a little less painful with help from national and local organizations offering one-on-one tax preparation assistance to low and moderate income seniors.

The AARP Tax Aide Program

The AARP Program is the largest free tax assistance and preparation service in the United States. It provides assistance to low- to moderate-income seniors through a corps of well-trained volunteers. They will have been running preparation locations throughout southeast Michigan from February 1 through April 15. Most sites are held at senior centers, community centers and libraries. To find a location near you, call the automated Tax Aide Information Line at 888-227-7669 or visit their website at www.aarp.org/money/taxaide. You can use their “Find a Location” button

to input your zip code and find a location near you. It's recommended that you call sites directly before going in order to make an appointment or get details.

The Accounting Aide Society

This nonprofit southeast Michigan agency will be providing tax assistance at 22 sites in Livingston, Oakland, Macomb, and Wayne counties from mid-January through mid-April. Eligibility for the program is based on income. Help is available for individuals whose household income is less than \$25,000 annually and couples and families whose yearly income is less than \$50,000. E-filing and direct deposit refunds are available. To learn more or get details on documents you will need to bring, call 866-673-0873 or visit their website at www.accountingaidsociety.org. A mail-in program is also available for homebound seniors.

PAID ADVERTISEMENT

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.”



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Advocacy • Action • Answers on Aging



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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