

# ACCESS

Gardening:  
Sowing Seeds  
of Wellness  
and Beauty  
Pages 4 & 5



## Your Link To Community Resources

Vol. 14, No.2

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



Henry in 2010, standing next to a 1927 John Deere tractor, much like one that Henry used on his farm.

## Chelsea Farmer Looks Back on More Than a Century

Michigan native Henry Buss worked through the years using his hands to build a life for himself, his beloved wife Irene and their four children. Raised on a farm in the German community of Chelsea, Henry was reared with a steadfast work ethic.

His children attribute this to why he's still healthy as a horse and in good spirits. However, lately he would tell you, "My legs are so tired." Daughter Kay LeFurge isn't surprised. "You have 100-year old legs Dad," she tells him. Actually, those limbs are nearly 101, as

Henry will celebrate an upcoming birthday on June 24.

Having experienced 100 Michigan winters, World Wars I and II, the Great Depression, the atomic bomb, the fall of the Berlin Wall, and the events of 9/11; which historical event stands out for Henry? "When astronauts took the first steps on the moon. It was such a powerful thing," he said. "A rocket shooting into space and then landing on another planet," he remarked with amazement.

That was 41 years ago, when Henry was a mere 59. So what's kept him going?

*continued on page 2*

## Trade Talents to Meet Needs with TimeBanking

Last year was difficult for many Michigan residents but it was especially heart-wrenching for Macomb County resident Janet Johnson, who lost her husband, Jim, to cancer after 41 years of marriage. "It was twenty months from the time of diagnosis to the day he passed last November," she said.

During those months of caregiving, Johnson scrambled to honor her spouse's wish to remain at home. She did some research online and discovered TimeBanking, a system of support set up within a community where members help one another and earn TimeBank hours™. One hour is earned for every hour of time spent assisting a fellow community member. In turn, members can utilize TimeBank hours towards services that meet their needs.

Johnson found that the TimeBank was an invaluable tool while caring for her husband. Some members came to help care for her husband, while others assisted with the upkeep of the house.

Johnson believes that once people form a connection, they naturally want to help one another. "There were services I didn't even ask for that I was so grateful to receive. It was magical," Johnson said.

This guilt-free system works when people give of their time and utilize the time of others. "I'd go with my husband to the hospital with my laptop in hand," she explained. "While he was sleeping, I'd earn TimeBank hours by doing taxes for other members."



All TimeBank efforts are valued equally, so an hour of manual labor is valued the same as an hour of professional services, like legal work or tax preparation. Services traded can get pretty creative, however the most common are transportation, sitting, gardening and home repairs.

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# Chelsea Farmer Looks Back

*continued from page 1*

Kay thinks it's the daily bowl of oatmeal for breakfast. Could be, but then again, Henry defies many of the common factors of longevity. His parents died before age 65, he's outlived his six siblings, and doesn't exercise. So what's his secret? "I read the bible and pray every day," he said.

We're talking days that stretch back all the way to 1910, when Henry was born to Emma and Charles who settled in Chelsea to raise oats, wheat, corn and seven children. Henry was number six.

Growing up on a farm reaped many benefits. Henry said it taught him patience and responsibility. "It was a good feeling to know that everything was growing and the animals were OK," he said. To this day, Henry would like to be remembered, "As a farmer who worked hard and liked to watch things grow."

His earliest memory was of his school days. "I went by horse-drawn sleigh when there was a bad snow storm," he said. The building was more than a mile away and on a good day that meant walking. The legs on his 6'1" fit frame have clocked a lot of mileage.

Henry met the love of his life, Irene Bollinger, at a German horning celebration; a traditional gathering held after a wedding where everyone enjoys homemade pretzels, beer and dancing.

The couple married two years later in 1942 and had twins Kay and Karen in 1946. But trying to run a farm and raise twins competed with Henry's time and required more space. "Dad decided to sell his half of the farm to his younger brother Harold in 1951 and he took a job at the Double A Assembly, working on valves for all kinds of machinery, while Mom stayed home to take care of us," said Kay.

Leaving 40 years of farming life behind also presented the opportunity for Henry to focus on fulfilling his life-long dream. "I had a house built in Chelsea the way I wanted with a big garden behind it," he said.

During this time, son Mel was born in 1954 and daughter Phyllis in 1955. Henry soon landed a better-paying maintenance position at the Chrysler



Henry, whose wife Irene passed in 2002, enjoyed 60 years of marriage.

Proving Grounds within miles of their new home.

Now a family of six, their bond was strengthened through a commitment to one another and their Protestant faith. Sundays were always devoted to God and family, a practice the children have passed on to Henry's eight grandchildren and two great-grandchildren.

"Dad always cared for everyone and everything," mentioned Phyllis. "He taught us to be respectful of others and how to care for what we had." Daughter Karen added, "He's always been there whenever someone needed help."

Mel, who learned how to fish from his dad, most remembers times spent together on the lake. "What you don't know is that my dad's got this great dry sense of humor that helps you see things and then laugh at them," Mel said. Kay testified to that and acknowledged that her dad is also a math wiz. "He can still do calculations in his head," she said and chuckled, "I definitely didn't inherit that trait."

Lately, Henry really misses Irene, who passed away in 2002. "My parents were like two peas in a pod," said Kay. "They went everywhere together." She noted that his strong faith has him looking forward to the next phase.

In the meantime, Henry stays busy reading farm magazines, watching CNN and attending events involving the family. The fruits of his faith remain evident in Henry's character as one who has love, peace, joy, self-control, kindness, goodness, and faithfulness.

## Trade Talents to Meet Needs

*continued from page 1*

The concept was invented in 1980 by Dr. Edgar S. Cahn, civil rights lawyer and activist, who came up with the idea of Time Dollars™ while recuperating from a massive heart attack at age 46. Today, Time Dollars are known as TimeBank hours and because money is not exchanged, services are not taxed by the IRS.

Johnson's experience motivated her to organize a TimeBank serving Sterling Heights and surrounding areas, called the *Urban Pioneers*.

Kim Hodge and Richard Reeves founded the MI Alliance of TimeBanks in May 2009. Hodge explained, "There are many ways to utilize TimeBanks. Some help seniors remain in their homes as long as possible, like *Partners in Care* located in Maryland. Others are centered on community development. Some are focused on health care, and several deal with children and youth. It's a valuable tool."

Lathrup Village resident Nancy Hatcher has banked over 700 hours. "It's a wonderful way to get to know your neighbors," she said. Hatcher's taught crochet and helped the community in a variety of ways. In turn, Hatcher used TimeBank hours to have her windows washed (a task she hates to do) and is currently taking piano lessons from her neighbor.

### There are many ways to utilize TimeBanks.

Hatcher actually donated 50 TimeBank hours so that a lady on her block could have caregivers come in to help out. "That gave me the idea, why not save time for the day I might need help," she said.

Hodge acknowledged, "Older adults remember what it was like growing up when everyone helped one another. TimeBanking goes back to that system." She continued, "Seniors are wiser and traditionally do a better job of asking for help in knowing they can't do everything by themselves. When you accept help, you're actually giving to someone else and allowing that person the opportunity to give back."

### For More Information on Time Banking:

- Time Banks USA is the national organization. Visit [www.timebanks.org](http://www.timebanks.org) or call 202-686-5200.
- To Find a Time Bank for your area, visit the MI Alliance of Time Banks at [www.mitimebanks.org](http://www.mitimebanks.org) or contact Kim Hodges at 248-424-7455.
- Visit the Lathrup Village Time Bank's website to get more information at [www.lathrupvillagetimebank.org](http://www.lathrupvillagetimebank.org).
- Contact the Urban Pioneers of Sterling Heights by calling Janet Johnson at 586-604-6974.

But how do you know if you can trust the person who agrees to help? Hodge explained, "You don't. But a safe way to get to know one another is to organize a group project for the exterior of your home. This way, together you can build that sense of trust and connection." She added, "There's no guarantee that you're going to get super professional service. But you will get to know and understand one another better."

Hodge mentioned that TimeBank communities end up becoming better neighbors. Some help one another save time and money with a variety of swaps throughout the year including cookies during the holidays, perennials in the spring, and book, CD and DVD exchanges in the summer. "TimeBanking is a tool for communities to rebuild. Our ultimate vision is to make Michigan a place where businesses want to come and people want to live due to this super-connected and very involved group of communities that don't exist anywhere else."

To get involved in TimeBanking, visit the MI Alliance of TimeBanks website (see sidebar below) and contact the TimeBank organizer for your area via phone or email. After signing up and paying a small administrative annual fee (\$25-\$60 which varies per time bank and covers material costs to run the program) you'll get an orientation packet. Included is access to a user-friendly software system to track offers, requests, and TimeBank hours you've earned.

For those who don't have computer access, no worries. "You can spend TimeBank hours on a computer buddy in your area that can assist you with the software. In turn, they'll bank time for helping a fellow member," Johnson said.

If you'd like to find out how to get a TimeBank organized for your community, school or business, contact Hodge for more information (see sidebar below).

Johnson concluded, "With the upheaval Michigan recently experienced, it's time we get back to being good neighbors; time to get things done locally for each other, starting within our own neighborhoods."

# ASK the expert



By Debbie Stanley, LPCC, NCC, CPO CD

## Hoarding: Knowing the Facts Can Help

### What is hoarding?

Hoarding is the acquiring and keeping of so many possessions that areas of the home become unusable, yet the person continues to avoid any meaningful reduction of the belongings. It is a behavior, not an environmental state,

and it's not about the belongings—it's about the person's attachments to the belongings.

### How is hoarding different from cluttering or disorganization?

Excessive clutter can be present in a home for a variety of functional reasons, including limited mobility, low vision, or lack of organizational systems. The key difference is the person's attachment to the items: People who hoard are resistant to reducing the quantity of items, even when those items have limited the usability of the home. People who are chronically disorganized or who have clutter that has accumulated for non-emotional reasons are more open to discarding.

### What are some safety issues associated with hoarding?

Hoarding behavior is often a maladaptive coping mechanism. It provides comfort and a feeling of safety. However, this sense of safety puts the person at

risk of fire, falls, and entrapment. Some people consciously choose hoarding as the lesser of two risks, while others can't explain why they hoard.

### Does every person who hoards have obsessive compulsive disorder?

No. Hoarding is a symptom that occurs in conjunction with many conditions in addition to OCD; including depression, complicated bereavement, post-traumatic stress disorder (PTSD), dementia, and chronic pain.

### What is the best way to address hoarding? Is a weekend cleanout the right approach?

No. There are many other options that should be attempted first. Fast and/or involuntary cleanouts are traumatizing and usually result in more acquisition and savier disguising and hiding. Emotionally, whatever was contributing to the hoarding is made worse, not better.

Whenever possible, the "harm reduction" model should be used. This approach supports the person's dignity

and autonomy (their right to make their own decisions) while asking the person to compromise and allow changes to the most urgent safety hazards, such as blocked doorways or non functioning utilities. Forced cleanouts should be an absolute last resort, e.g. if all deadline extensions have been exhausted and eviction or removal of minor children in the household is imminent.

### How can I broach this subject without provoking defensiveness?

The key is empathy. Unfortunately, hoarding has become a circus sideshow on television and people who hoard are often taunted, pressured, or even bullied by frustrated family members, authorities, and so called professionals. Respect the fact that the belongings are important to the person, even if they wouldn't be important to you, and empathize with his or her pain at the idea of discarding. Then seek permission to connect the person with a mental health professional with specific experience in the treatment of hoarding behavior. Avoid those who promise quick results or who use pressure, shaming, or scare tactics.

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# Gardening: Sowing Seeds of Wellness and Beauty



Gardening can be therapeutic for older adults; helping to decrease stress and providing exercise that helps build strength and flexibility. Modifying your gardening to include techniques like raised beds or containers can help gardening remain an enjoyable and accessible activity no matter what your age or mobility.

Mary Lockhart considers gardening a gift from God. She has transformed her once sparsely landscaped Macomb County property, located off a busy road, into a tranquil environment where all nature finds solace. The melodic sound of birds chirping and the wind rustling the leaves of her majestic willow tree overrule the hustle and bustle of nearby traffic.

Lockhart is so thankful for this gift that she generously shares her peaceful space with members of the community; teaching children to garden, enabling photographers to use the colorful landscape as a backdrop for special occasion photos, and dividing plants with fellow Fraser residents to help spread beauty to other areas of the city.

The lush greenery, inviting textures, and vibrant colors are orchestrated without any formal horticultural training. Lockhart's experience is homegrown and developed following her recovery from a car accident in 1989, when a broken neck, among a host of other injuries, left her confined to a wheelchair.

## Accessibility Can Lead to Success

Lockhart's gardening talent developed after moving into her Fraser home 13 years ago. Following a visit to a home that had a raised garden bed, Lockhart realized she would be able to spruce up her barren yard if garden beds were elevated to a height reachable from her wheelchair.

She began to view the wheelchair as a tool to get what she needed, rather than something that confined her. "I'd hook the wagon onto the back of my motorized chair and then I'd wheel down to the store a half mile away and fill it up with plants, plant them back at home, and return to the store for more," she explained. "Then I'd watch everything grow from nothing in the soil to 2", then 5", then 10". My garden is different every day and it's amazing all the things I never would have noticed because I was busy living the fast life."

In addition to the wagon, Lockhart also uses a half-moon-shaped, green bucket that fits right onto

her wheelchair and holds all her short-handled tools and plants. The watering hose hooks right onto her chair as well, so tasks are managed with ease.

Lockhart started with one raised garden bed and its success led to 19 more. "It took me a long, long time to build each of those berms," she laughed. Each long, narrow garden contains a splash of soothing color tones composed of hundreds of perennials and annuals, interspersed with shrubs and trees.

"I've learned to plant according to color, bloom, scent and size, but it took a long time. I had to keep on trying to get everything right," she said. Lockhart also learned how to graduate plant size in her beds. "I would just have to keep on trying to get it right. If plants got too tall, I'd move stuff around." By placing plants in containers, especially those with wheels, transporting them from one location to another can be easy. This is particularly beneficial for plants that don't thrive in certain areas, needing more or less sunlight or shade.

"I do a lot of container gardening," Lockhart said. "I have a little ledge on the back of my porch that's about eight inches off the ground. It's the perfect height for me to reach and line the pots up there."

In addition to accessibility, container gardening...

- Adds a splash of color to any location
- Is an easy option for people who have problem soil in their yards
- Is the perfect solution for those who dread weeding
- Can add interest to your garden depending upon your choice of container. A wagon, for example, can be easily moved while housing a variety of vibrant plants.

## Perks That Come with Digging in the Dirt

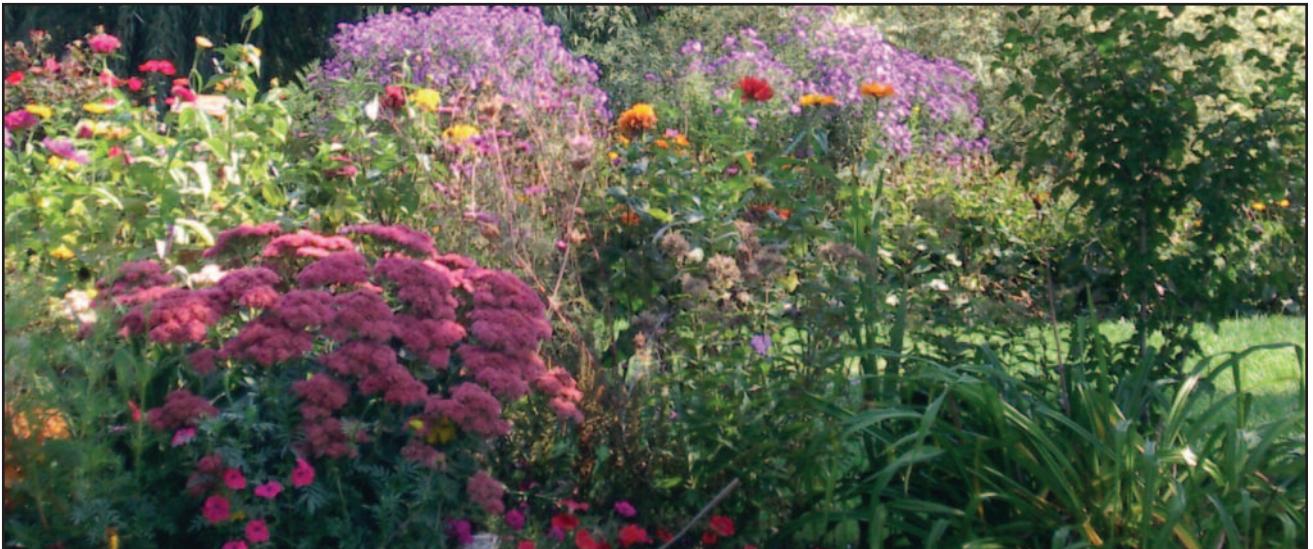
Lockhart's experienced numerous benefits working in her yard. "I spend about 8 to 10 hours a day gardening, from spring until fall and it's been therapeutic for my body," she said. "I get my exercise by bending up and down and it also makes me feel calm and peaceful. You don't have to rush like when you're in the world and have to do things fast. Instead, you can take your time and watch things grow."

According to a study published in the June 3, 2010 issue of the "Journal of Health Psychology," gardening promotes relief from acute stress. Subjects were given a stressful task and then randomly assigned to 30 minutes of gardening. This resulted in a decrease in salivary cortisol levels, the adrenal hormone released in the body when responding to stress.

Stress relief isn't the only benefit. Recently published research out of Texas A & M and Texas State universities found that gardening can increase energy levels, especially for older adults. "Gardening provides opportunities for participants to reconnect with themselves through nature and is a healthy activity to enhance quality of life," concluded Aime Sommerfeld, lead author of the study.

Gardening also provides the following health and therapeutic benefits:

- Improved endurance, strength, flexibility and mobility
- Stimulation
- Anticipation (looking forward to future growth)
- Restoration of positive mood



*Mary Lockhart has adapted her gardening techniques to turn her once-barren backyard in Fraser to a place of beauty and tranquility.*

Plants can also be good for your health. Growing an aromatic garden can help calm, relax, or invigorate your senses. The scent of lavender can relieve tension. A whiff of rosemary can stimulate your memory. And a sniff of peppermint can help to relieve a headache. Planting an organic garden with organic soil can encourage a healthy diet of homegrown fruits and vegetables.

## Prevent Injury with These Tips

Master Gardener Jerry DeMaire, 70, enjoys the combination of being outside, getting his hands dirty, and watching things grow. "I've got a hyper personality and I'm not very patient with things, but gardening has taught me patience. I mean, it can't grow any faster," he said laughing.

"There are a lot of people that wouldn't get outside for exercise if they didn't have their garden," added DeMaire. "Take my neighbor, for example. One of his greatest joys in life is to stand out there with the hose and water his plants. It's a daily appointment and he really enjoys it."

A lifelong gardener, DeMaire has made a few adjustments with his gardening methods as he's gotten older. "I've learned to rely on my equipment more than on me. That means making sure tools are sharp and tuned up before I start." He added, "I also make sure there's enough air in the wheels on the wheelbarrow so it's easy to push."

Before getting started, DeMaire also exercises. "It's good to stretch and limber up, especially if you haven't exercised throughout the winter," he mentioned and recommended a good technique when it comes to lifting. "Be sure to keep your back straight while using your legs." He added, "Don't get carried away thinking you're 30 years old again, lugging big bags around like you used to do. Instead, cut the load." When DeMaire fills the wheel barrow, he puts less inside. "You can also create a shelf that fits on top of your wheelbarrow so you reach instead of bend to get something."

DeMaire favors the raised bed when it comes to ergonomic gardening, "It's a real eye-catcher and it's less stress on the body. You can get up and down easier and you don't have to be on your knees," he said. "There's work in putting this together. You have to frame it and fill it in. But the benefit is that you can raise it to the height that works best to maintain your garden."



*Mary Lockhart, of Fraser, uses her wheelchair as a tool when gardening.*

## Volunteering to Gain Experience for Your Own Yard

If you're not sure where to start, community gardens can be a great place to learn. Community gardens are grown and tended by volunteers who want to beautify a space in a certain area. "Here in Macomb County, we have community gardens along the Clinton River spillway," explained DeMaire. "Volunteers gather together, clean things up and prepare the soil. Then they plant easy-care perennial plants and monitor their progress." Being part of a community garden can give you an opportunity to check out the growth, color and texture of native plants before you make a purchase for your landscape.

DeMaire suggested looking in your local paper or at your church or community center for volunteer notices. "They're always look for volunteers and generally have more projects than people to accomplish the task," said DeMaire.

## Gardening Trends

Gardening will continue to evolve to make it more accessible to all generations. In the future, you're likely to see more affordable, attractive, hardy plants that need little attention; low maintenance front yard gardens that require little water; more plant color varieties due to gene splicing; and lawns that are resistant to pests, requiring less water and mowing.

## Helpful Gardening Resources:

Discover the natural bloom times and other native plant gardening tips by visiting online at [www.migarden.msu.edu](http://www.migarden.msu.edu).

Check out "The Container Gardener's Bible," by Joanna Harrison and Miranda Smith. This helpful paperback guide has 192 pages filled with information, tips and tricks and methods that takes the backache out of gardening. The cost is around \$21.95 at your local bookstore or through Rondale Press, 866-387-0509.

To get involved in a community garden near you, visit online at [www.michigangardenclubs.org](http://www.michigangardenclubs.org)

Learn more about master gardening, a 10-12 week horticultural certified training program; by calling the Master Gardener hotline in Macomb County at 586-469-6440 on Monday, Wednesday and Friday from 9:00 a.m.-4:00 p.m.; or Oakland County at 248-858-0900 Monday through Thursday from 8:30 a.m.-noon and 1:00-4:30 p.m.

## Older Michiganians Day Helps Lansing Understand the Impact; Needs of Seniors

Over 800 seniors and advocates gathered on the East Lawn of the Capitol Building in Lansing on Wednesday, June 15 for this year's annual Older Michiganians Day Rally. The theme of the event was the Senior Wave: We Advocate, Vote and Enrich Communities. The event was designed to give seniors a voice and help legislators understand both the needs and the voting and economic power of those 60 and older in Michigan.

Attendees got an opportunity to hear speakers, including Senate Minority Leader Gretchen Whitmer and House Minority Leader Richard Hammel. Many also had a chance to meet face-to-face with their own legislators.

This 5th Annual Older Michiganians Day rally focused on three main themes and asked the Governor and legislators to:

**1. Give seniors and people with disabilities access to a full range of high-quality, long-term care options:**

- Fully fund Older Michiganians Act support programs like home delivered meals, in home care, care management, caregiver respite, and senior volunteers.
- Expand funding for the MI Choice home based Medicaid nursing

home alternative to help more older adults stay in their own homes.

- Continue to fund and promote the benefits of evidence based wellness programs that prevent the onset and debilitating consequences of chronic conditions, such as diabetes and arthritis.
- Treat vulnerable older adults with mental impairments such as dementia by restoring cuts to mental health programs.

**2. Recognize that seniors and the aging network create a stronger Michigan economy and pass legislation that supports:**

- Affordable and accessible housing options
- Reliable transportation options
- Access to affordable health insurance

**3. Recognize that protection from abuse and financial exploitation is paramount and enact legislation that:**

- Protects vulnerable adults
- Encourages reporting of abuse
- Stiffens penalties for abusers

Jim McGuire, director of Research, Policy Development and Advocacy at the Area Agency on Aging 1-B (AAA 1-B) describes the event as "A wonderful way for seniors to flex their political muscle."



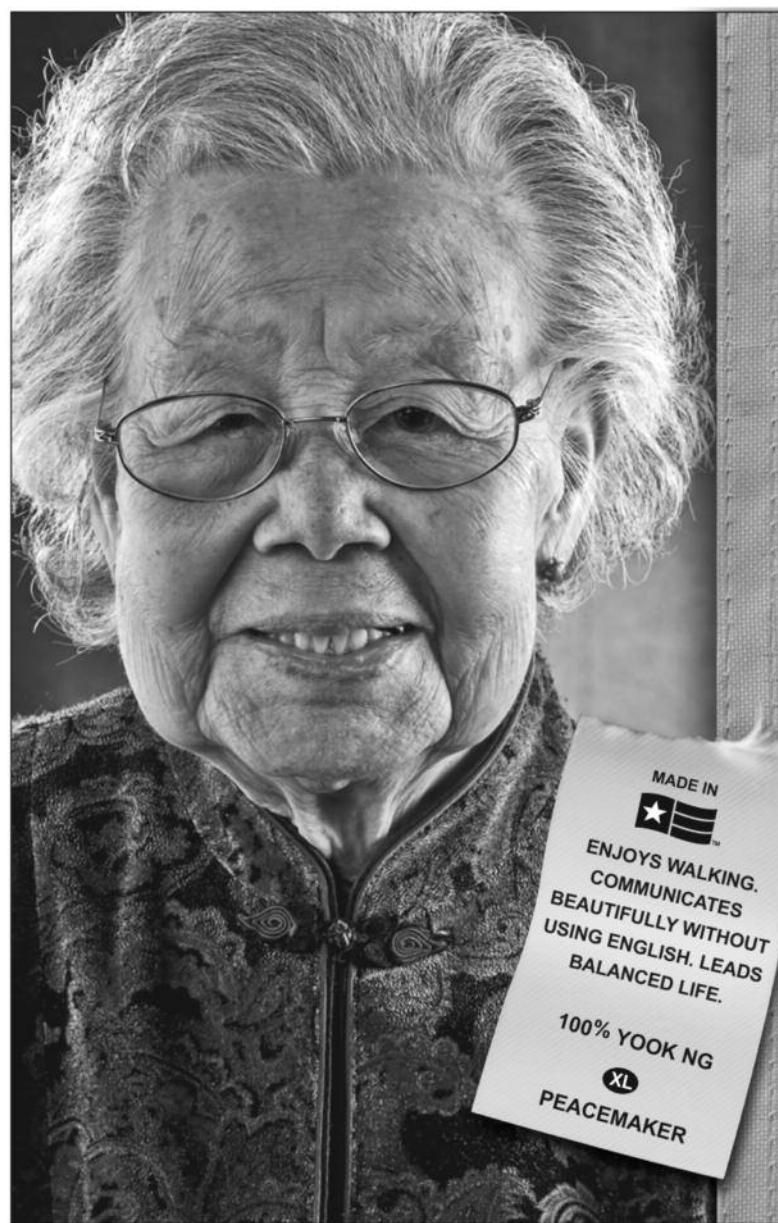
The annual Older Michiganians Day Rally helps seniors and adults with disabilities make sure their voices are heard in Lansing.

of the Senate at 517-373-2400.

To get contact information for your state representative call the clerk's office at the House of Representatives at 517-373-0135.

You can also find contact information for both state and federal legislators by visiting [www.usa.gov>Contact/Elected.shtml](http://www.usa.gov>Contact/Elected.shtml)

Older Michiganians Day was sponsored by Priority Health, Presbyterian Villages of Michigan and Consumers Energy.



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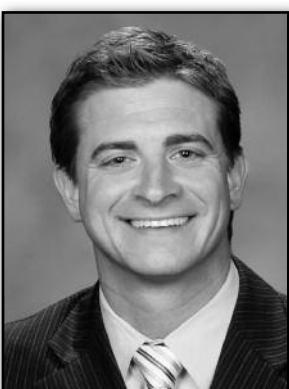
# AAA 1-B Annual Meeting Honors Achievements

The Area Agency on Aging 1-B (AAA 1-B) held its Annual Community Meeting on Friday, May 6. Several key individuals and organizations were honored for their contributions to older adults and adults with disabilities.



*Carolyn Hastings*

The Sandra K. Reminga Lifetime Achievement Award honors individuals who have dedicated their life's work to helping older adults. This year's award was given to Carolyn Hastings, executive director, (retired), Housing Bureau for Seniors, University of Michigan Health Systems. The award was given in recognition of Hastings' exceptional commitment during her 27 years of serving older adults in Washtenaw County. As the first staff member employed by the Housing Bureau, Carolyn grew the organization from a single program with a handful of talented volunteers to a thriving agency consisting of five active programs, two task forces and collaborative associations throughout Washtenaw County. Carolyn provided strong leadership, passion and commitment to her role at the organization. Today the Housing Bureau for Seniors assists more than 1,000 older adults each year through.



*Jon Switalski*

The Public Service Leadership Award was presented to Representative Jon Switalski (District 25) in recognition of his sponsorship of the Complete

Streets legislation which helps local communities to plan for all modes of transportation and mobility, such as walking, wheelchairs, bicycles and more. This new legislation is helping to make local communities more livable for older adults and adults with disabilities.

## Volunteer/Community Leadership Awards



*Thomas Miree*

Thomas Miree, Member AAA 1-B Board of Directors has provided volunteer involvement and leadership to many nonprofit organizations that help enhance the quality of life of older adults and adults with disabilities. These organization include the New Hope Baptist Church Outreach Clinic, the Ann Arbor Community Center, the Washtenaw County Salvation Army and the AAA 1-B Board of Directors.



*Dan Mayville*

Dan Mayville, CPA, Mueller Mayville, received the award in honor of the free accounting, budgeting, payroll and management services he and his company have provided to the Troy Medi-Go transportation program for the past 20 years.

## Corporate/Business Leadership Awards

Two Corporate/Business Leadership awards were presented at this year's meeting. Receiving the awards were:

James Speir, Founder and President, Senior & Caregiver Resource Network, was honored for achievements related to the formation of the Senior & Caregiver Resource Network (SACRN), a nonprofit organization dedicated to ensuring the ethical and compassionate delivery of services to older adults in southeast Michigan, and in recognition

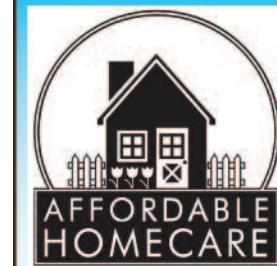
of the fundraising efforts of SACRN to help support local aging organizations.



*James Speir*

*continued on page 8*

## KEEP MOM HAPPY AT HOME! "THE LIVE-IN SPECIALISTS"



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## 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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## AAA 1-B Annual Meeting Honors Achievements

### Corporate/Business Leadership Awards



Saint Joseph Mercy Health System received the award in recognition of the organization's commitment to the quality of care of older adults in southeast Michigan with the development of Senior Emergency Rooms. These ERs provide specialty geriatric training for all emergency room physicians, nursing and support staff and increase the comfort of older patients through special mattresses, non-skid flooring, large-font paperwork, soft lighting and other enhancements.

### Service Provider Leadership Awards

Three AAA 1-B service providers were honored for their commitment to older adults in our community.

**Margaret Davey, Executive Director, Livingston County Senior Nutrition Program** in recognition of the organization's commitment to ensuring all older adults in Livingston county have



Margret Davey

access to local nutrition programs through their efforts in developing new congregate meals sites and reaching out to cultural and ethnic populations.



**Critical Signal Technologies, Inc.** was also honored in recognition for their organization's generous support in providing Personal Emergency Response Systems to individuals on the AAA 1-B program wait list as well as their support of the national Wait List Program.

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## NURSING HOME

If a loved one is going into a nursing home, you need to read the FREE Special Report written by a Mount Clemens Elder Law Attorney called, "The 9 Questions You Must Ask If You or a Loved One Is Going Into a Nursing Home."

For a free copy call toll-free **1.866.828.3111**, and ask for "Report D2." Call today for the information some nursing homes hope you never learn!

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## Calendar of Events

### Livingston Senior Power Day

Friday, August 5, 9:00 am-3:00 pm

Brighton High School  
7878 Brighton Road, Brighton

Featuring more than 50 vendors, speakers, entertainment, lunch and door prizes. For more information, contact Mark Swanson at 810-923-4173 or email at mswanson\_hsc@yahoo.com.



### 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](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



Sophia Michie

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