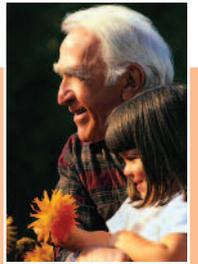


ACCESS

Bridging The
Generation Gap
Pages 4 & 5



Your Link To Community Resources

Vol. 12, No.1

A Publication of The Area Agency on Aging 1-B

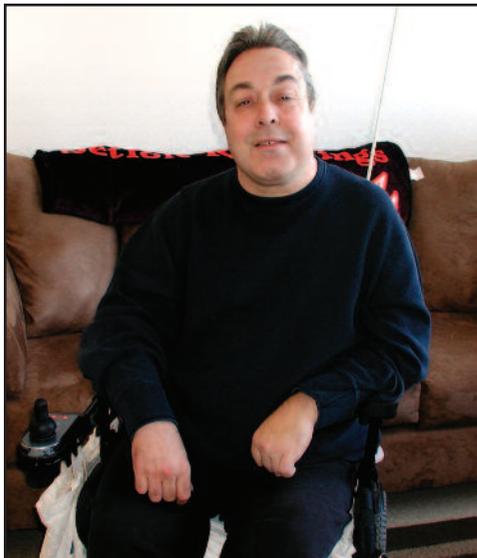
Summer 2010

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

Transitioning from a nursing home with the help of AAA1-B

Life changed in an instant for Bob Pentrack during the summer of 1989. The 25-year old moved from Michigan to create a life of his own near Orlando, Florida.

On that particular Sunday afternoon, Pentrack was driving home from work when his vehicle hit a pothole. The wheels got caught up in soft sand on the shoulder and the car spun out of control. His world stopped spinning from the force of a collision that ruptured the gas tank. As luck would have it, Pentrack was driving behind a friend who saw the accident through his rear



Bob Pentrack

view mirror. His friend turned back, jumped out of his car, and pulled Pentrack out of the vehicle to a safe area, waiting by his side until help arrived.

At the hospital, doctors told Pentrack that his neck was broken. He could expect to spend the rest of his life in a wheelchair.

Pentrack returned to Michigan to live with his parents. Five years later, Pentrack moved into a nursing home in Oakland County and has lived in a facility for the past 20 years. But life for Pentrack was about to change.

A similar change would also affect the life of Deborah Taylor who, at age 50, had been not only a vibrant attorney, but also a real estate broker and an instructor for students preparing to obtain a real estate license.

Her path was filled with possibilities until everything came to a screeching halt when her doctor delivered some life-altering news... Taylor was diagnosed with multiple sclerosis.

As her health steadily declined, she was admitted into the first of what would become several nursing homes. While Taylor grew depressed and disappointed with every twist and turn on this new road, she had no idea that a flicker of hope was just around the bend.

continued on page 2

Six ways to cut your prescription drug costs



During these tough economic times, many consumers are trimming back on purchases in order to make ends meet. Some are cutting corners with prescription drug costs, a practice that can lead to dangerous consequences.

Consumer Reports National Research Center conducted a survey of 2,004 adults in January and found that 28% of those polled made the following risky cost-cutting decisions without consulting a pharmacist or physician:

- 16% decided not to fill a prescription
- 11% took an expired medication
- 16% skipped a dose
- 4% shared a prescription
- 10% cut pills in half

Before resorting to these measures, it's important to talk with your doctor or pharmacist first to find solutions. You don't have to compromise on prescription drugs. Listed below are six safe strategies you can use to slash costs:

1 During your doctor visit, discuss the cost of the drugs being prescribed. If you're up front about the fact that you need to work within a budget, your doctor will be more informed and can help resolve the situation successfully. Ask your physician, "Due to my budget, I need to have effective, yet inexpensive prescription drugs. What are my options? Is a generic form available? If not, can a less expensive brand name be prescribed?" If you didn't have this conversation with your doctor, talk to the pharmacist. They should be able to help you, by providing solutions or by contacting the doctor with your concerns.

Free drug samples are often given for pricey medications. Qualify this with your doctor and ask: "I appreciate the samples, but will I be able to afford the course of treatment when the samples run out? Is there a less expensive alternative?"

Before approaching your doctor about a drug you saw on television, call your pharmacist to find out more information, including how much the medicine costs under your plan. That way, you'll know if it's affordable.

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Cut your prescription drug costs

continued from page 1

- 2 If you see more than one physician, pack up your medications and reassess them with your main physician from time to time to see if you need to take that particular mixture of drugs. See if any can be eliminated. If your prescription plan covers medications through a mail order system, purchase long-term medications this way to save money.
- 3 Compare pharmacy prices. Check out www.ConsumerReports.org/health for cost comparison information on prescriptions sold through retailers and online pharmacies or compare your own medications online by visiting the following websites:
www.target.com/pharmacy
www.cvs.com
www.meijer.com/pharmacy
www.walmart.com/cp/pharmacy/5431
www.kroger.com/pharmacy
- 4 Take advantage of free antibiotic programs. Visit the Meijer pharmacy with a doctor's script to pick up your free prescription for the following drugs, no strings attached, regardless of insurance or co-pay:
 - Amoxicillin • Cephalexin • SMZ-TM
 - Ciprofloxacin • Ampicillin

- Penicillin VK • Erythromycin
- 5 See if you qualify for a prescription drug assistance program, like these listed below:
 - Partnership for Prescription Assistance** www.pparx.org
888-477-2669
 - Together Rx Access Prescription Savings Program**
www.TogetherRxAccess.com
800-966-0407
 - NeedyMeds**
www.NeedyMeds.org
 - Patient Advocate Foundation Co-Pay Relief Program**
www.copays.org
866-512-3861
- 6 Review your Medicare Part D choices every year in November during open enrollment with an AAA1-B counselor to make sure that you're getting the best plan for your budget. Contact the AAA1-B Medicare Medicaid Assistance Program at 800-803-7174. Have the name of your prescriptions, dosage and dosage instructions handy. A counselor will research Medicare Part D plans based on your specific needs.

Transitioning from a nursing home

continued from page 1

Both Pentrack and Taylor had heard about the Nursing Facility Transition (NFT) Program offered through the Area Agency on Aging 1-B (AAA1-B) which helps eligible nursing home residents transition from the nursing home to a more independent living situation, such as their own home or apartment. Program participants also receive assistance if they chose to move in with family, transition into an assisted living or adult foster care facility.

"Care Manager Sue Hearsen at AAA1-B was my angel," said Taylor. "She educated me about my options, looked into a place for me to live, completed all the paperwork, and made it happen."

Pentrack qualified for NFT and moved into his own apartment last September. He was also eligible for the MI-Choice Home and Community Based Waiver Program, which allows him to receive help and support at home. Care workers come into his home to help him with personal care, morning and evening meal preparation, and other basic homemaking tasks.

He's learning to navigate the transportation system near his home and has rediscovered the freedom he had prior to his accident. "It's a whole different feeling. A wonderful feeling," exclaimed Pentrack.

Taylor can identify with that sentiment. After qualifying for the NFT Program, she was able to move into her own apartment this past December. "Care Manager Sue Hearsen at AAA1-B was my angel," said Taylor. "She educated me about my options, looked into a place for me to live, completed all the paperwork, and made it happen."

Taylor qualified to receive personal care and housekeeping services, along with three meals a day in the main dining room of her complex. She's also involved in many on-site social activities with fellow residents including bingo and keno. Back at her apartment, Taylor is able to enjoy visits from family and

friends who, incidentally, helped decorate her place and often surprise her with special home-cooked meals.

Taylor's also gotten familiar with local transportation services in an effort to attend church on a weekly basis. She's found her way back to independent living. "I got joy in my life again and I feel better about myself," she remarked. "I am so happy, I've lost track of time. This is heaven to me!"

According to AAA1-B Chief Operating Officer Tina Abbate Marzolf, "The NFT Program is changing the quality of life for hundreds of people and saving the state of Michigan millions of Medicaid dollars. In 2009 alone, nursing facility transitions statewide resulted in a Medicaid savings of more than \$19.9 million."

AAA1-B's NFT Program serves residents in Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw counties and is funded, in part, by the Michigan Department of Community Health. The NFT Program is offered through 21 other organizations (Centers for Independent Living and Area Agencies on Aging) throughout the state.

Since 2005, AAA1-B has transitioned more than 350 individuals from nursing homes into a more independent living situation. In 2010, AAA1-B expects to complete about 110 transitions, an increase of approximately 30% over last year.

"There are many older adults like Bob and Deborah with disabilities who are living in a nursing facility and want to either live at home, or live within a community-based setting like an apartment or an assisted living facility," said Abbate Marzolf. "However, the problem is in understanding what to do and who to turn to for help."

At AAA1-B, transition coordinators work one-on-one with residents to determine eligibility; locate housing that matches their specific needs; create a transition plan to ensure a safe and secure living situation outside the nursing home; determine eligibility for support services and set those services in motion; and finally, assist residents through the transition process, including the move. Residents are welcome to involve family and friends in the transition process, which typically takes several months to complete.

If you'd like more information on the NFT Program, call the AAA1-B Information and Assistance Hotline at 800-852-7795, Monday thru Friday, from 8am-5pm.

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Immunizations important to keeping older adults healthy

Immunizations aren't just for kids. Here's a quick look at what you need to know about keeping your immunization up to date as you age.

What Immunizations are important for older adults?

If you're over 60, the Centers for Disease Control and Prevention (CDC) recommends the following vaccines:

- **A tetanus shot every 10 years.** It's recommended that all adults under age 65 get the Tdap vaccine, which contains a pertussis (whooping cough) booster in addition to a tetanus and diphtheria boosters. Tdap should replace the traditional tetanus booster ONCE between the ages of 19-64. If you've already had Tdap or you're over 65, the traditional tetanus booster (Td) is recommended.
- **A herpes zoster vaccine once any time after the age of 60.** This vaccine protects against shingles, a disease caused by the reactivation of the virus that causes chickenpox. Shingles looks like chickenpox initially and can lead to pain for months

to years. It's best to get this vaccine while in your sixties. Studies have shown the greatest benefit in this age group.

- **An inactivated influenza (injection) vaccine every year.** The nasal spray version (a weakened live version) is not recommended for those over age 50.
- **A pneumococcal vaccine once after the age of 65.** Certain high-risk patients (those who smoke, have had their spleen removed or have diabetes, kidney, liver, or heart disease) may have gotten a dose prior to age 65. A second dose is fine as long as you were first vaccinated before the age of 65 and it's been at least five years since your first dose. The CDC recommends that you get, at most, two doses in your lifetime.

Where can people get these immunizations?

You have many options of locations to get immunizations. You can get a vaccine at traditional places such as your physician's office or local county health department. Many pharmacies, including Kroger pharmacies, offer the convenience of getting vaccinations from one of their pharmacists. All of these locations are able to give you guidance on what vaccines will be most appropriate for you, given your age and medical history.

Does Medicare cover immunizations? How about private insurance?

It's best to check with your plan to see what's covered and where you can go to receive your vaccines.

Medicare Part B covers annual influenza vaccination. Part B will also cover one dose of pneumococcal vaccine in a person's lifetime.

Medicare Part D (the drug benefit) covers the herpes zoster (shingles) vaccine. You may have to pay a co-pay depending on your specific plan. Pharmacies are able to bill Part D, however few physician offices can bill Part D.

Private insurance varies greatly in terms of vaccine coverage. Some plans allow for pharmacies to bill for certain vaccines. Some plans require patients to get vaccine from a physicians' office. In several instances, vaccines are not covered on private plans for those over the age of 60 and you will be required to pay out of pocket.

Are there side effects to the vaccines?

Most side effects are mild and, in most cases, related to the injection site itself (redness, soreness, or swelling are common side effects). Whenever you get a vaccine, you should receive a Vaccine Information Sheet (VIS)

produced by the CDC. This sheet lists the possible side effects and precautions for a specific vaccine.

Are there any reasons you should not receive a vaccine?

You should not receive a particular vaccine if you have an allergy to the vaccine or one of its contents. For instance, the influenza vaccine is made using eggs; therefore patients with an allergy to eggs should not get the influenza vaccine.

You should also avoid live vaccines (such as herpes zoster) if your immune system is weakened. Certain medications, diseases or vaccines can weaken your immune system.

You should always let the health-care professional know your allergies, what medications you take and what diseases/conditions you have before receiving a vaccination.

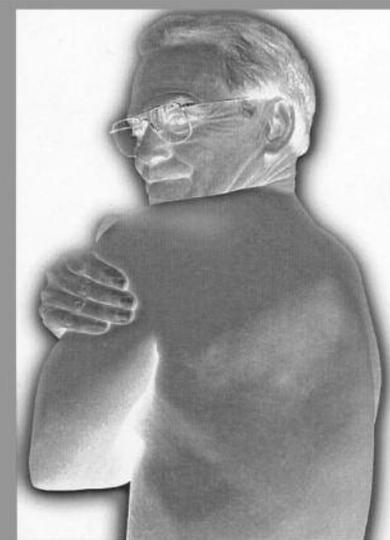
Become an AAA 1-B Fan on Facebook



The Area Agency on Aging 1-B is now on Facebook. Becoming a fan of the AAA 1-B will help you keep up on all the news of importance to older adults and caregivers in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. To become a fan, visit Facebook and search Area Agency on Aging 1-B.

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Bridging the generation gap: A heal

Long ago in our country, the typical household had many generations living under one roof, each with an important role to play. Children helped with chores and played. Parents worked, nurtured, and kept things running smoothly. And grandparents not only nurtured and guided children with their long-earned wisdom, but they'd also help fill in the gaps. Studies show that when generations work together, the benefits can strengthen the whole family. Today, many are discovering that intergenerational activities offer many benefits for families, but also for our communities. Here's a sampling of what's currently going on in our corner of the world:

Barb Kinney looks forward to the start of the school year in her Monroe County hometown of Temperance. For the past five years, Temperance Road Elementary School has partnered with the Bedford Senior Center, where Kinney is actively involved, to provide an exciting intergenerational program packed with perks for all participants.

Each year, second grade students eagerly prepare to share their Halloween, Christmas, and Valentine's Day celebrations with Bedford Center seniors. On each of these holidays, the children arrive with handmade gifts or cards they can't wait to deliver.

A musical performance is always part of each celebration. Music Teacher Erin Edwards directs the large group of students while they sing and show off their clever dance moves.

As a show of their appreciation, Bedford Center seniors provide hearty applause, hand-written thank you notes, and scrumptious treats that are met with an often toothless smile.

The Valentine's Day gathering happens to be Kinney's favorite. "The children always make such cute valentines for us and they sing songs about love, which is so uplifting for everyone," Kinney said. "The center just becomes a place of joy!"

According to Temperance Road Principal Bob Harris, "Our partnership with the Bedford Senior Center is not only valued, but cherished." The program

incorporates music with community service and was designed to instill a sense of appreciation between young and old.

Pam Rybka, Bedford Senior Center Director, said that these celebrations with the children also create many benefits for Bedford Senior Center seniors:

- Intergenerational gatherings occur around the holidays and help older adults with cognitive orientation. "When seniors sit home day after day and the seasons pass without note, it's hard to recall the time of year," said Rybka
- Bedford seniors get a chance to shift the focus from themselves to the kids as music, laughter and smiles become a natural pain reliever.
- For older adults who don't have grandchildren or who live far from them, it's an opportunity to experience this precious age and sample aspects of grandparenting during each event. "Everybody is always talking about the kids and showing each other the cards they got," Kinney said.

On the other hand, Principal Harris mentioned, "Our students learn the importance of cherishing seniors. There's a definite appreciation and love displayed on those days that would make any community very proud."

Elders are a natural match for their young counterparts. Older adults are rich in experience and insight, and youth can benefit from the stories



Fitzgerald Senior Ja'Quaun Freeman and Bonnie Manion enjoy the Senior Citizen Prom.

told and lessons learned. Older adults also benefit. According to a 2009 study conducted jointly by the School of Psychology of the University of Exeter, in the United Kingdom and University of Queensland in Australia, the act of reminiscing with others was found to enhance a sense of well being and actually improve memory function.

Older adults are also able to use their wisdom to inject perspective into any situation, giving youth a newfound sense of hope. And youth can find great joy and comfort in helping elders. Together, they teach one another to appreciate the qualities of being human. It's a vital exchange that's irreplaceable. This healthy interaction grows self-esteem, improves communication and socialization skills, sparks learning, and builds positive attitudes for young and old alike.

At Botsford Commons Senior Community located on a 30-acre campus in Farmington Hills, residents joined together with Warner Middle School students to assemble Easter baskets for pint-sized patients at Children's Hospital in Detroit. Botsford Recreation Program Coordinator Barb Smith mentioned that this union is part of a continuing collaboration between the middle school and Botsford seniors. "They're a wonderful group of kids," Smith said. "Our residents love working with students that have the same goals as they do: helping others." Exchanges like this build a sense of community and a healthy sense of self for both generations.

This community-building exchange has come to life in the Macomb County community of Warren, where an annual event which initially caught the interest of 140 people in 2005, has now grown to over 300. Springtime here, symbolizes the rebirth of something special, as the high school welcomes seniors, both young and old to their annual Senior Citizen Prom.

"The Senior Citizen Prom is the perfect opportunity for our entire school building to work together



Temperance Road Elementary second graders love spending holidays at the Bedford Senior Center.

thy initiative for all ages

cooperatively to provide the community with an exciting evening, showcasing the talents of students and staff," said science teacher and senior class sponsor Rebecca Akins who has directed the community service effort since its inception. "This celebration provides graduating 12th graders with a fun and unique way to complete their graduation community service requirement, meet some terrific members of our community, and help make everyone smile."

Each year, graduating seniors work out all of the details several months in advance of the event. Students learn and practice time management, communication, advanced planning, and budgeting skills as they plan the theme, decorations, and menu; secure local business donations; and confirm student and staff performances.

As spring approaches, Fitzgerald 12th graders invite a senior citizen from the community to accompany them to the prom. Many will ask a relative, family friend, or neighbor.

No date, no problem. High school students are matched up at the door with senior citizens who can't wait to attend. "Our guests come from local communities, local senior citizen centers, and a

attend in high school, so they'll arrive, decked out in tuxedos and top hats or elegant gowns. Just watching the joy on their faces is priceless!"

This year's "Around the World" themed event took place on April 27th. Each couple checked in at the front desk and picked up their ticket and passport. Those traveling solo were matched up. Then, all couples were presented with a hand-crafted corsage or boutonniere designed by 9th and 10th graders from flowers donated through local florists.

Moving on inside, couples selected their destination of choice...Paris or Mexico. A local photographer captured couples on film at either backdrop location. Framed, color 5" x 7" photographs were presented to each couple.

Guests made their way to the school's theatre to experience a live performance of the spring season play, "Arsenic and Old Lace," put on by the theatre department's cast and crew.

Afterwards, all gathered at the cafeteria, which was transformed to represent various parts of the world. Guests were invited to visit different countries for delectable food offerings. China served Jasmine tea and fortune cookies. Ireland featured a baked



Young and old danced the evening away at the Fitzgerald High School Senior Citizen Prom.

variety of community organizations," said Akins. "Many are transported in style by local limousine companies who donate their services to pay tribute to seniors in the community."

Upon arrival, Akins mentioned, "I pair older adults with high school students following a brief introduction where I announce the student's name, the college they plan to attend, along with their intended field of study. It's a great way to get the conversation started." And the exchange can be quite educational for students. "It's a terrific opportunity for our students to hear firsthand accounts of things they learn about in school, such as what it was like to be a soldier in the war; to live through the Great Depression; to be a high school student 30 to 40 years ago; as well as what lessons come from a life well lived," explained Akins.

She noted, "For some of our older guests, this is their first prom. They tell us that they weren't able to

potato bar and France, of course, had a wonderful selection of petite French pastries, including magnifique éclairs.

All guests enjoyed an Italian supper prepared by the teachers. During dinner, music filled the air as the school choir performed songs from their spring repertoire.

After dinner, the crowd rose to their feet and danced to Motown and oldies music performed by the district's music teachers, as well as local musicians, who donated their time to play until the prom came to a bittersweet end.

"Every year, we receive many letters, cards, and phone calls from our older guests thanking the students and staff for organizing the event. It's very touching to read these notes of appreciation to students because they realize how much their hard work means to our community," said Akins.

Get involved in an intergenerational program near you

Experience the benefits yourself. Ask about intergenerational programs offered at your local senior center, community center or any of the organizations listed below:

Senior Corps

Share your expertise and experience to make a difference as you become connected with organizations and people in need. For further information, contact Evan Albert at the Corp state office 313-226-3024. More than 11,400 Michigan seniors age 55+ are involved in one of three senior corps programs. Listed below are two intergenerational volunteer outreaches offered through Senior Corps:

Foster Grandparents Program

Mentors and one-on-one tutors for over 5,782 young Michigianians. See how your experience and compassion can steer a child on the road to success.

Visit www.seniorcorps.gov/about/programs/fg.asp for more information.

Retired and Senior Volunteer Program (RSVP)

Wide range of programs to get involved in from tutoring and mentoring youth to environmental projects or safety patrols for local police departments.

Visit www.seniorcorps.gov/about/programs/rsvp.asp for more information.

'Sense of Wonder' Intergenerational Contest

Participate in the fourth annual Rachel Carson Intergenerational Contest with a team of at least two people representing a mix of generations (ex. grandfather and grandson) to create an entry that conveys the 'Sense of Wonder' theme in either a photograph, essay, poem, or dance. The contests is sponsored by the EPA, Generations United, the Dance Exchange, and the Rachel Carson Council, Inc. Submissions are due June 16, 2010. For more information, visit www.epa.gov/aging/resources/thesenseofwonder/index.htm.

VolunteerMatch.org

Visit online to discover volunteer opportunities near you, including intergenerational experiences.

Big Brother/Big Sister Program

For over a century, this organization has matched elder mentors with youth on a one-to-one basis in an effort to grow positive relationships that have a lasting impact on the lives of young people. For more information, visit www.bbbsdetroit.org or call 313-309-0500.

Generations United

Promotes intergenerational programs, strategies and policies by providing resources and facilitating networking opportunities. For more information, visit www.generationsunited.org or call 202-289-3979.

Generations Together

Celebrating their 17th year of operation, this Washtenaw county daycare center for older adults and children is located in Dexter. Together, older adults and children plant seedlings, bake, and enjoy each other's company in many small group activities. Learn more by calling 734-426-4091 or visit online at www.generationstogether.org.

Photo courtesy of Aaron Fortin to Remember Photography.

Older Michiganians Day gives seniors a voice in Lansing

Decisions made in Lansing have a direct and far-reaching impact on the quality of life for seniors in Michigan. Recently, cuts made to the Office of Services to the Aging programs have impacted programs like Meals on Wheels, In-home care and respite care for caregivers.

The Older Michiganians Day Rally, planned for Thursday, June 10 in Lansing, is designed to give seniors a voice and help legislators understand both their needs and their voting power.

"Right now, seniors are competing against many other, very vocal groups for their share of state budget dollars," explained Jim McGuire, Director of Research, Policy Development and Advocacy at the Area Agency on Aging 1-B (AAA 1-B). "Seniors are a growing and very powerful contingent, and we need to make sure their voices are heard. Legislators need to understand that these issues are important and people will be thinking about them at election time."

2010 is the third year that the Older Michiganians Day Rally is being held. This year's rally will focus on five main themes. The rally will ask legislators to:

- 1. Ensure funding for long-term care programs.** These programs have suffered recent cuts and further cuts need to be prevented.
- 2. Pass elder abuse laws. More than 20 elder abuse laws are before legislators.** If they become law, these bills would help protect against both physical and financial abuse and exploitation.
- 3. Invest in prevention programs that can save the state money.** Programs that help prevent and lessen the impact of some of the common diseases associated with aging can help lower health care, Medicaid and nursing home costs.
- 4. Make Michigan a retirement destination of choice.** Legislators should support legislation that embraces and retains an aging population. Retirees bring a lot of money into the economies of the states they call home. Seniors are currently a \$32 billion economic force in Michigan.
- 5. Reform Michigan's government and tax system.** Raising revenue and operating government in a more cost-effective way can help fund the much-needed state services that

older Michiganians need.

The Rally will be held at the Capitol Building. The crowd will gather on the lawn, while legislators and other speakers address the crowd from the capitol steps. "It's a great event," said Ann Langford, AAA 1-B Advocacy Specialist. "It starts at 10:00 a.m. and lasts about two hours and many legislators, legislative aides and other politicians come out to speak or visit with the crowd. Those who go into the capitol may visit with their individual legislators if they are available. It's a wonderful way for seniors to flex their political muscle." About 500 people from across the state participated in the state rally last year.

You will need a ticket to attend the event. Tickets are free and can be obtained by calling Ann Langford at the Area Agency on Aging 1-B at 248-262-1282 or e-mailing alangford@aaa1b.com. Some senior centers and advocacy groups are arranging car pools and other group transportation to the event.

Langford emphasized that even though the event is being held on the capitol lawn, event planners go out of

their way to make sure everyone is comfortable and well taken care of.

Local rallies are also being held in conjunction with spring/summer senior events in the six counties that the AAA 1-B serves. To find a local rally in your county, please visit the AAA 1-B website at www.aaa1b.com.

The event is being sponsored in part by:



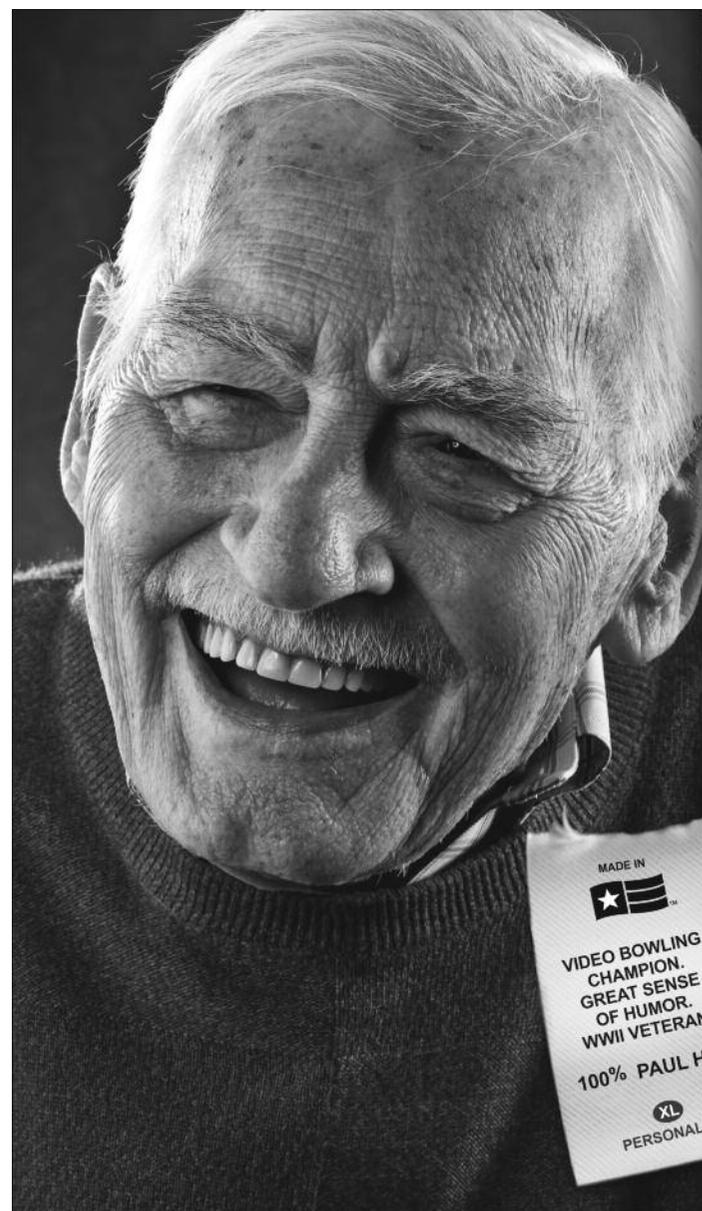
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To find contact info for your Representative, call 517-373-0135.



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Westland - Joy (734) 447-5460
Westland - Hunter (734) 259-2469

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

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For the hearing impaired:
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ACO Hardware, Better Made Potato Chips and Faygo Team Up to Benefit Meals on Wheels

It's a Made-in-Michigan program that will help seniors throughout the state enjoy a good meal and a little companionship on the holidays. ACO Hardware has joined forces with Better Made Snacks and Faygo to raise money for Holiday Meals on Wheels and the area agencies on aging throughout the state.

During the month of May, a percentage of the proceeds from all Better Made Snacks and Faygo sales at ACO will be donated to Holiday Meals on Wheels. "It's a great way for people to enjoy wonderful Michigan-made products and at the same time support seniors in their community," said Dick Snyder, President of ACO Hardware.



ACO HARDWARE

"It means a lot to us to be able to help seniors," said Snyder. "Every ACO Hardware store is essentially a hometown hardware store – a neighborhood store. We are very much vested in each and every one of the neighborhoods we serve. This is a way we can reach out to help our neighbors who really need the assistance."

Even though the holiday season is months away, May is Older Americans Month as well as Mother's Day which makes it a perfect time to raise money for the Holiday Meals on Wheels program. "Raising money to benefit the seniors in our community is a way to pay respect to our elders; this generation helped to shape our lives as well as the world." Snyder noted that he feels Holiday Meals on Wheels will resonate well with many of the ACO customers. "Many of our customers have parents, neighbors or members of their church that receive meals," he said. "It's something many of us can relate to."

Snyder said that when ACO approached Better Made and Faygo, they were more than willing to chip in. "Like ACO, Better Made and Faygo are Michigan-based companies that employ thousands of Michigan workers. Each company sees this program as an opportunity to help our seniors that live in Metro Detroit and other cities throughout the state."

The ACO Hardware, Faygo and Better Made promotion will run the entire month of May. "We hope everyone will come in and stock up on Faygo and Better Made. You'll be able to purchase delicious snacks, support the Michigan economy and help out a great cause!"

"Raising money to benefit the seniors in our community is a way to pay respect to our elders; this generation helped to shape our lives as well as the world."

While federal funds pay for the Meals on Wheels program Monday through Friday, the government does not pay for holiday meals. The Area Agency on Aging 1-B and other area agencies on aging must raise funds to make sure seniors can enjoy a good meal on these very important days. The Area Agency on Aging 1-B program delivers warm and festive meals on Thanksgiving, Hanukkah, Christmas, New Year's Day, Passover and Easter. These holiday meals provide much more than a meal. For many homebound seniors, who otherwise would spend the holiday alone, the volunteer who comes to their door brings the very essence of the holiday; the comfort of a warm smile, a friendly voice and a caring touch. The Detroit Area Agency on Aging and the Senior Alliance also deliver holiday meals in southeast Michigan.

Give a helping hand...

Buy Better Made® or Faygo® Products at ACO during the month of May and a portion of the proceeds goes to assist The Holiday Meals on Wheels Program!



Your Local Area Agency on Aging

**HOLIDAY
Meals on Wheels**

Caring | Compassion | Respect | Independence



ACO HARDWARE

Thank You for Your Support.

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" sponsorships opportunities are available. Please contact Bill Hayes at 248-644-1990.

Many thanks to this month's sponsors who have helped bring you "Living Well."

Listen for "Living Well" on these stations:



29100 Northwestern Highway, Suite 400 • Southfield, MI 48034
800-852-7795 • www.aa1b.org



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 14. The luncheon meeting honored several key individuals and organizations for their contributions to older adults and adults with disabilities.



Laura Newsome

The **Sandra K. Reminga Lifetime Achievement Award** honors individuals who have dedicated their life's work to helping older adults. This year, it was presented to **Laura Newsome**, executive director of the Council on Aging, Inc. Serving St. Clair County. Newsome has been at the Council on Aging for 24 years and has been its executive director for 19, helping bring essential services and care to older adults. She is a champion for senior citizens and serves on many committees, at both the regional and state level. She is Chair of the St. Clair county Consortium on Aging; Chair of the Healthy Youth, Healthy Senior Committee; Past President and current member of the Michigan Directors of Services to the Aging; a member of the Senior Growth Study Committee; a member of the Steering Committee of the Community Services Coordinating Body; and a member of the steering committee for Older Michigianians Day. Newsome has also received many awards and honors over the course of her career.

She received a Woman of Distinction Award in 2000 from the Blue Water Council of Girl Scouts and was also honored as United Way Executive Director of the Year in 2000.

UNIVERSITY OF MICHIGAN School of Social Work

The **Corporate/Business Leadership Award** was presented to the **University of Michigan School of Social Work Geriatric Fellows Program**. The program is being honored for its commitment to preparing social work practitioners to work in the field of aging. The University of Michigan School of Social Work Geriatric Fellows receive excellent training and preparation for gerontological social work practice, and graduates are true assets to the agencies in Southeast Michigan where many of them now practice, including three who serve at the AAA 1-B.



Dennis Griffin

The **Volunteer/Community Leadership Award** was presented to **Dennis Griffin**. Griffin is a member of the AAA 1-B Advisory Council. In addition to his work with the AAA 1-B, he is a strong advocate for seniors and supports many local programs in the Waterford area that benefit all ages from children through to older adults.

Griffin is a member of the Board of Directors for the Oakland Livingston Human Services Agency (OLHSA), chair of the OLHSA Senior Advisory Council, chair of the Waterford Senior Center Advisory Council, financial secretary for the Industrial Office Workers UAW Local 889 Retiree Chapter, member of the Waterford Planning Commission, member of the Hess-Hathaway Park Committee, supporter of the Historical Society of Waterford, and is active with the Waterford Cultural Council. Griffin was also named Michigan Senior Citizen of the Year in the Leadership category in 2009.

Also honored at the meeting was **Vurn C. Bartley, Jr.**, the longest standing member of the **AAA 1-B Board of Directors** with 27 years of service.

Calendar of Events

**St. Clair County
Older Michigianian's Day Rally***
Friday, June 4, 9:30-11:30 a.m.

Port Huron Senior Center
600 Grand River Avenue, Port Huron

**Older Michigianians Day
Lansing Rally***
Thursday, June 10, 10:00 a.m.

Capital Building Steps
Lansing, MI

For more information, contact Ann Langford, AAA 1-B Advocacy Specialist at 248-262-1282 or alangford@aaa1b.com.

Senior Fun Festival*
Wednesday, June 16, 10 a.m.-3:30 p.m.

237 N. River Road
Mt. Clemens

Dancing, music, bingo, free health screenings, gardening exhibits and crafts will all be part of this annual event. Parking and admission is free and low-cost lunches are available. For more information, call Macomb County Senior Citizen Services at 586-469-6313.

Livingston County Senior Power Day*
Thursday, August 5, 5-8:30 p.m.
Friday, August 6, 9 a.m.-3 p.m.

Brighton High School
7878 Brighton Rd., Brighton

This free event will feature entertainment, exhibits, door prizes, refreshments and a low-price lunch. Contact your local, Livingston County Senior Center to reserve your seat.

*These events will also include Older Michigianian's information. Senior advocates will be on hand to share information on some of the issues and bills of importance to Michigan seniors. For more information, contact Ann Langford at 248-262-1282 or alangford@aaa1b.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 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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NURSING HOME

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