

ACCESS

Depression:
Your guide
to getting
healthy
Pages 4 & 5



Your Link To Community Resources

Vol. 11, No.4

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

Capturing life through art

Lillian Mitchell works magic when she places the tip of a colored pencil to paper. "When I see something that makes me say, 'Wow, I just ache to reproduce it so other people can see it too,'" said the Bloomfield Hills resident. Mitchell, winner of numerous local awards, created this year's interdenominational holiday card to raise funds for the Area Agency on Aging 1-B's (AAA1-B) Holiday Meals on Wheels program and participating local senior centers. "The card is a winter scene that I captured in colored pencil, from a photograph taken by my daughter Lisa," she said and added that drawing was always something she loved because it felt almost like an addiction.



Lillian Mitchell

Born in Grosse Pointe Park in 1932 to Belgian natives Lucian and Zoe Bouttelgier, Mitchell's life plays out like a fairy tale, with a humble beginning, a happy ending and a middle, rife with obstacles and challenges.

Her story begins during the worst years of The Great Depression. While this was a traumatic period for most families, her father Lucian was able to protect his family from the devastating effects of the economy through his trade. He learned, from his father, how to work with his hands as a bricklayer and became a very successful building contractor. His stamp remains on homes throughout Grosse Pointe and on city

halls, factories, and furniture stores peppered throughout Metro Detroit.

The business operated from home, with the help of Zoe who handled book keeping. "Their office was our dining room," Mitchell said, noting that she had to keep quietly to herself as her parents conducted business. "My brother, who I adore, is 12 years older than I, so he was more like an uncle than a brother I guess." Due to this age gap and the family business, Mitchell said, "I was often lonely until I found books and that was my salvation." Equipped with a high IQ, she learned many things from the pages of a book, including how to swim and drive a car.

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Simple steps help protect against scams and financial fraud

This past October, a \$1.46 million default judgment and court order was imposed by the Federal Trade Commission (FTC) against a telemarketing company that offered worthless medical discount benefit packages to older adult consumers throughout the United States.

Officials contend Union Consumer Benefits and its owner, asked for a one-time fee of \$399, processed as a bank debit, and in return, promised a savings on medical care and prescriptions. Defendants were also charged with using deception to persuade consumers to reveal bank account information, often pretending they were calling from the Social Security Administration, Medicare, or even the consumer's own bank.

When subscribers attempted to use the prescription discount card, they realized it was worthless. They had been scammed.

The Securities and Exchange Commission estimates that approximately five million older adults fall victim to financial abuse each year. While these statistics many be alarming, there are some simple steps you can take to safeguard your information and protect yourself from becoming a statistic or victim.

Learn to spot a scam

The first step is to become aware of these signs that might indicate a



potential scam. If you experience any of these red flags, it's best to just say, "No," and walk away, close the door or disconnect the phone:

- You're approached by a stranger offering you a great deal.
- A sales person who uses high pressure sales tactics (i.e. limited time offer).
- An opportunity that seems too good to be true.
- A bait and switch ploy where the product, featured at a great price, is suddenly unavailable.
- Money is requested before you receive product or services.
- You're asked to supply a social security and/or bank pin number.

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Capturing life through art continued from page 1

Art, on the other hand, came naturally as did the compliments from family and friends. "My best friend Marilyn Sims lived across the street and she was a great source of encouragement for me," Mitchell said. The girls met when Sims moved into the neighborhood. Sims recalled, "I was about eight at the time and a lonely child, until I noticed a dark-haired girl waving to me. And so began our treasured friendship."

Life shifted at age 17, when Mitchell became mesmerized by a boy two years her senior. Following a two-year engagement, against the advice of family and friends, Mitchell married Robert Martens.

The next dozen years were filled with the births of four wonderful children and the many cherished blessings of

motherhood. Yet amidst the joy and laughter, were signs of serious marital trouble. And while she did her best to shield the children and the outside world from the truth, it was becoming very apparent that Robert would never be the prince charming she read about in books. The couple divorced in 1980; their youngest was 18.

Mitchell met the love of her life on a blind date a year later. His name was also Robert, but he preferred the name Bob, and was widowed five years earlier. The two went out for dinner and dancing which was such a treat for Mitchell. After four years of private dance lessons in high school, she never got the chance to dance because it was forbidden, according to her ex-husband's religion.

Throughout the evening, Mitchell learned she and Bob had a lot in common, including the names of family members. Two of Bob's three children Laura Lynn and Bobby share the same names as two of Mitchell's four children, Laura Lynn and Bobby.

After three months and many memorable dates, the couple married and have lived happily together for the past 28 years. Among her artistic endeavors and volunteer efforts as a docent at Kirk of the Hills Church in Bloomfield Hills, the couple's most treasured times are spent with their blended family of seven children and eleven grandchildren.

"Bob saved my life," Mitchell confessed. "He so appreciates everything I do for him and we love each other so

much," she said, admitting that Bob reminded her of her father. "When my high school friends met him they laughed and said, 'He even walks like your dad.'"

"Bob's always been so supportive of me and my artwork," she said. He transformed one of the rooms into Mitchell's current studio and it's here, that she's produced many award-winning pieces. "Actually, all of my prayers have been answered," she said. "Everything I've ever wanted, I've got."

To learn more about the AAA 1-B's holiday cards, read the story on the back cover. To purchase a box of holiday cards, contact the Area Agency on Aging 1-B at 800-852-7795.

Protect against scams and financial fraud continued from page 1

Protect your personal and account information

A few simple precautions can help secure your personal information and make it harder for you to be targeted by scam artists and financial predators.

- Keep your financial information private. Don't give out your social security number or any other financial information. Lock up your social security card in a secure place at home and don't carry it in your wallet.
- Put an end to most telemarketing calls by adding your name to the FTC's "Do Not Call" list at 888-382-1222 or online at www.donotcall.gov.
- Review your bank statements regularly. Verify unauthorized charges or electronic debits with your banking institution.
- If you plan to shop online or have electronic payments withdrawn from your bank account, open a separate banking account for this purpose and

deposit money into the account as needed.

- Dispose of personal information by either burning or shredding documents. It's best to shred anything with your name, address, social security number or any account numbers.
- Place your outgoing mail in an officially approved postal service collection receptacle, rather than your mailbox where it can easily be taken by people looking for an opportunity.
- Check your credit report on a regular basis. By Federal law, you can obtain a free copy from each of the three major credit reporting agencies on an annual basis. Call toll-free 877-322-8228.
- Unsolicited credit card offers that arrive via mail put you at risk. "Opt out" of this practice by calling 888-567-8688.

Do the research before making purchases or investments

Before making a major purchase or hiring a company to work on your home, do some research on the company's track record. See if the company is registered with the Better Business Bureau. Be cautious about hiring someone coming to your door offering to do on-the-spot home repairs.

Research goes along way when considering investments as well. It's critical to research opportunities before you act. Be cautious about lunch investing seminars that pair a free meal with high-pressure, act-now sales tactics. Visit the Securities and Exchange Commission website at www.sec.gov/investor/seniors.shtml to find out more about investing safely.

If it happens, report it

Finally, report fraud immediately. If you fail to take action, the activity can go on for years. For a banking matter,

Be cautious of census worker imposters

The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. While census workers do not visit every household (they mostly rely on mailed surveys to gather their info), they occasionally will come to a home to verify an address. Many organizations are cautioning people to be careful when a person saying they're from the census comes to the door

Make sure they are truly a census worker

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. Make sure to never invite anyone you don't know into your home.

Census workers do not collect social security or other account info. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. Anyone asking for that information is NOT with the Census Bureau.

contact your banking institution. If it's a door-to-door scam, contact your local police department. For telemarketing or computer scams, contact the FTC to file a complaint by calling 877-382-4357 or visit online at www.ftccomplaintassistant.gov.

And for all of the above, you can file a complaint with the Michigan Attorney General's office by calling 877-765-8388 or visiting online at www.michigan.gov/ag.

Your best defense is to understand what's out there and know how to defend yourself from scam artists. To view a list of current scams and how to protect yourself, visit the Michigan Attorney General's senior consumer protection site, www.seniorbrigade.com.

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ASK the expert



Jennifer Houghton
Access and Benefits Supervisor,
Area Agency on Aging 1-B

Medicare beneficiaries to join a Medicare Part D plan for the first time.

When do changes become effective?

Any new coverage or new plan choices will be effective January 1, 2010. The Centers for Medicare and Medicaid Services (CMS) strongly encourages beneficiaries to join or change plans in early December to ensure they are able to access their coverage with no problems on January 1.

Aren't all Medicare Part D plans essentially the same?

While all Medicare Part D plans have to meet the same minimum coverage standards, plans can vary widely in monthly premium amounts, deductibles and drugs covered. There are more than 44 stand-alone Medicare Part D plans in Michigan for 2010 with monthly premiums ranging from \$16.60 through to \$102.50. With so many options and variables, it is important to look over your choices carefully to make sure you are getting the plan that is right for you.

I already have a plan I like. Do I really need to do anything?

Even if you have a plan you really like, plans can change from year to

year, so it's important to review your plan each year. Monthly premiums, deductibles and covered prescriptions can all change. Your insurance plan should have mailed an Annual Notice of Change to you in early November. The Notice of Change will outline any changes to your current Medicare Part D plan. It's always a good idea to review this Notice of Change carefully each year and compare your plan to others to make sure it's still the best choice. Even changes in the medication you are taking can have a big impact.

Where can people go if they need help with Part D choices?

To assist Medicare beneficiaries or their family members sort through the many options and changes to Medicare Part D, the Area Agency on Aging 1-B (AAA 1-B), in partnership with several community partners, is holding local Medicare Part D Assistance Days. Beneficiaries can make an appointment to meet one-on-one with a trained Medicare Medicaid counselor who will review options and help them join or change plans. Beneficiaries or their families can also contact the Medicare Medicaid Assistance Program (MMAP) at 800-803-7174 for telephone assistance. Callers should have their prescription names, dosages and frequency handy. Counselors can then research a Medicare Part D plan based on the individual's specific needs.

Medicare Prescription Drug (Part D) Assistance Days

One-on-one counseling and assistance from trained professionals and volunteers will be available in the following locations on the dates listed. Appointments are required. To make your appointment, please call the AAA 1-B's Medicare Medicaid Assistance Program at 800-803-7174. Availability is limited, so please call early. Please make sure you bring your prescriptions with you to your appointment.

Livingston County

Wednesday, December 2, 2009
9:00 a.m. to 1:00 p.m.
Livingston Educational Service Agency
1425 W. Grand River Avenue
Howell, MI 48843

Monroe County

Friday, December 4, 2009
10:00 a.m. to 2:00 p.m.
Area Agency on Aging 1-B
14930 LaPlaisance, Suite 130
Monroe, MI 48161

Oakland County

Monday, December 7, 2009
10:00 a.m. to 2:00 p.m.
Dublin Senior Center
685 Union Lake Road
White Lake, MI 48386

Thursday, December 10, 2009

10:00 a.m. to 2:00 p.m.
Area Agency on Aging 1-B
29100 Northwestern Hwy.
Suite 400
Southfield, MI 48034

Tuesday, December 15, 2009

10:00 a.m. to 2:00 p.m.
Area Agency on Aging 1-B
29100 Northwestern Hwy.
Suite 400
Southfield, MI 48034

Washtenaw County

Wednesday, December 9, 2009
8:30 a.m. to 3:30 p.m.
Senior Health Building
5361 McAuley Drive
Ann Arbor, MI 48106
Please call Catholic Social Services of Washtenaw at 734-712-3625 to schedule an appointment for this location.

Help with Medicare Part D choices.

When is the open enrollment period? What kinds of changes can you make during this period?

Open enrollment for Medicare Part D, the Medicare prescription drug benefit, starts on November 15, 2009 and ends on December 31, 2009. This 47-day window allows current Medicare beneficiaries with Part D to change plans if they wish and for eligible

2009 Caregiver Expo draws record crowds



An estimated 1,100 caregivers attended the 10th annual Solutions for Family Caregiver Expo held on Saturday, October 24th at the Rock Financial Showplace in Novi. Attendees had a chance to visit with over 120 exhibitors and attend presentations on a wide variety of topics. The Area Agency on Aging 1-B would like to extend a special thank you to our sponsors who helped make this year's event possible.

2009 Solutions for Family Caregiver Expo Sponsors:

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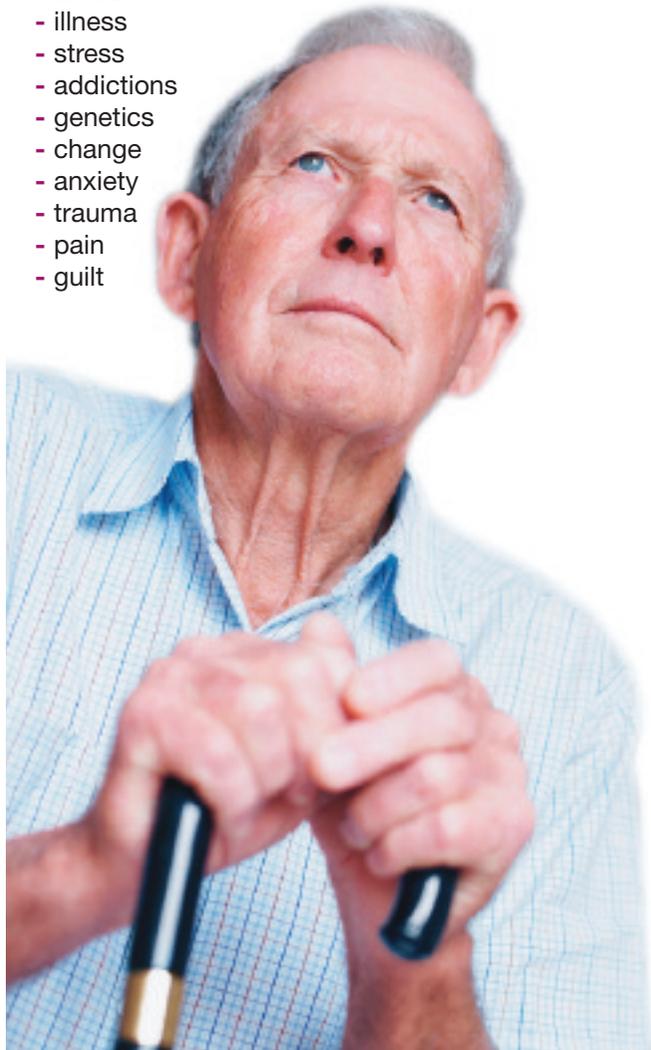
Your guide to getting healthy

Stock market losses, people out of work, foreclosures... Life is pretty stressful for many of us lately. But how do you know the difference between feeling discouraged and feeling downright depressed? In this issue, we'll examine all aspects of this illness that affects at least 15% - 20% of older adults in the general population; a higher percentage in nursing homes & hospitals; and twice as many women as men.

What is it?

Depression is an overwhelming feeling of sadness and hopelessness that lasts for a period of two weeks or more. It's actually caused by an imbalance of chemicals in the brain (neurotransmitters) that control your mood. Any of the following can create an imbalance and launch an episode:

- bereavement
- nutritional deficiencies
- lowered immune response
- medical conditions
- lack of exercise
- low self-esteem
- little sleep
- dehydration
- medications
- hormones
- isolation
- illness
- stress
- addictions
- genetics
- change
- anxiety
- trauma
- pain
- guilt



Could it be depression?

Answer the questions below to see if you might have a problem.

For the past two weeks or more:

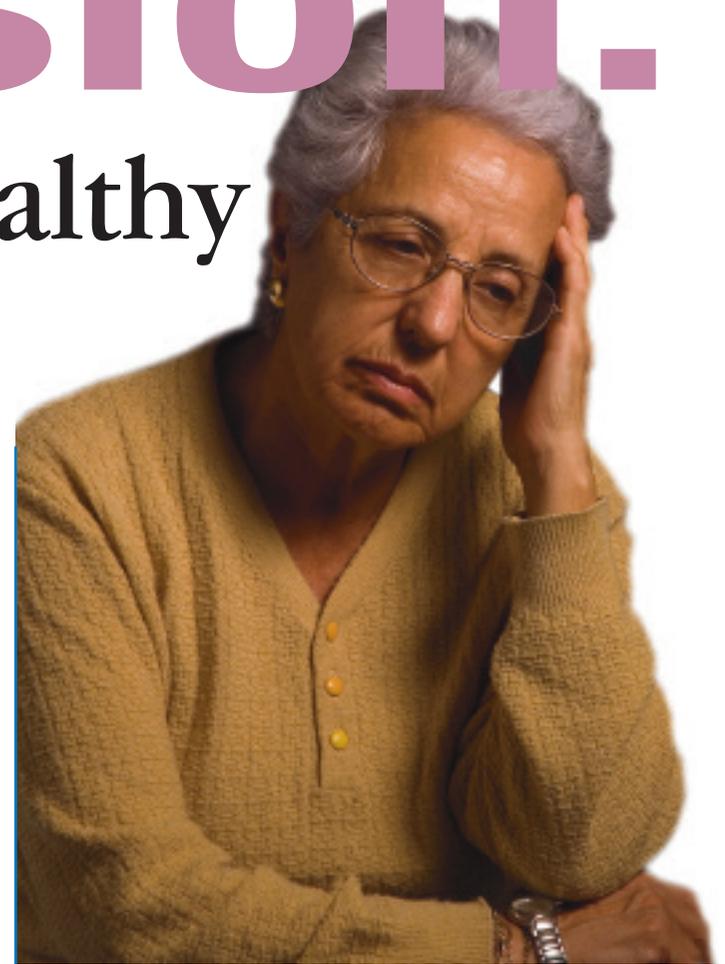
1. Have you experienced sadness? Irritability?
2. Have you lost interest in doing the things you normally enjoy?
3. Has your weight changed significantly up or down along with a noticeable change in appetite?
4. Have you felt drained of energy? Do you find it hard to get out of bed?
5. Do you feel isolated from family and friends?
6. Are you having trouble sleeping? Would you describe your sleep as restless, interrupted or seemingly non-stop?
7. Have you had difficulty concentrating or making decisions? Has your thinking process slowed down?
8. Have you been overwhelmed by feelings of helplessness, worry, worthlessness, guilt, or hopelessness?
9. Do you find yourself pacing, fidgeting, staring off for long periods of time, or crying frequently?
10. Do you have reoccurring thoughts of death or suicide?

All of these are symptoms of depression. If you have at least two and no more than five of the symptoms listed, you may be suffering from minor depression. Five or more could signify major depression. If left untreated, depression can:

- continue for months or even years
- lead to a loss of independence
- snowball, posing more health risks
- lead to premature death

Spotting a potential problem with those you care about

How can you tell if your loved one is more than feeling blue? Regardless of whether they live in a facility or in their own home, look for signs of a) neglect in taking care of themselves, a pet, or their surroundings b) whining and complaining (depression can make people more sensitive to physical pain) c) social isolation d) forgetfulness e) notable eating and sleep changes f) lack of interest in anything they once enjoyed.



For loved ones living in a nursing home, there are steps you can take to ensure they receive adequate treatment. Start out by visiting the director of nursing and relaying the symptoms you've noticed. Find out what mental health care services are offered and the qualifications of those administering services. Then, arrange for a complete evaluation by your loved one's primary care provider to rule out other issues.

Seeking Help

Often times, older adults don't seek help and ignore symptoms for reasons that seem to define a generation of WWII and Great Depression survivors. They are...

- an aversion to revealing personal issues among people they don't know.
- an unwarranted belief that medications used for treatment may be addictive.
- a tendency to self-medicate with alcohol, which tends to be socially accepted, but ultimately, worsens the depression.
- an attitude instilled early on to 'toughen up and take it,' believing the myth that depression is just a part of aging. This couldn't be farther from the truth. The Geriatric Mental Health foundation sites that depression affects approximately 15 out of every 100 Americans over age 65. That number increases in nursing home residents, who have less mobility and can become isolated from family and friends.

Whether it's yourself or a loved one that is affected by depression, seeking help is critical. Your primary care physician is often the best place to start. Expect your physician to review your symptoms, ask family history questions, check your medications, give you a physical exam, and request lab tests. Sometimes medical conditions or medications can be either a cause or symptom of depression.

The who's who of medical health providers

There are many forms of depression. In order to make an appropriate diagnosis, your physician may refer you to any of the following mental health providers:

Psychiatrist: A medical doctor with an additional four-year psychiatric degree who specializes in the diagnosis, treatment, and prevention of mental illness. Licensed and certified to prescribe and manage medications.

Geriatric psychiatrist: A licensed and certified medical doctor with an additional four-year psychiatric degree, and a fifth year of training, specifically geared to understanding and prescribing medical and medicinal treatment designed for the human body, as it surpasses age 60.

Advanced practice registered nurse: Must have a master's degree and some have specialized training in psychiatric-mental health nursing in order to diagnose and treat mental illness.

Psychiatric nurse: Licensed, registered nurse (RN) who has additional training in mental health. Services provided depend upon whether they have a doctoral, master's, bachelor's, or associate degree.

Psychologist: A therapist, trained in the science of human behaviors and emotions. Most have a doctorate degree (Ph.D. or Psy.D.), licensing, certification and post-graduate training. Not licensed to prescribe medication or order medical tests.

Psychotherapist: Any of the mental health providers listed here that receive training in a form of therapy called psychotherapy.

Psychoanalyst: Medical doctors, psychologists, or social workers who have a supervised practice and at least four years of psychoanalytic training.

Social worker: A broad profession that helps people to overcome difficult health and social issues. An M.S.W. is a master's degree in social work and an L.C.S.W. is a licensed clinical social worker who can provide therapy in private practice. Neither is licensed to prescribe medication or order medical tests.

Marriage and family therapist: Must have a master's or doctorate degree to receive licensing and certification in Michigan. Therapist examine specific issues and develops solutions usually within a brief span of time. Not licensed to prescribe medication or order medical tests.

Mental health counselor: Also known as professional counselors, licensed professional counselors, or licensed mental health counselors, most are licensed and certified, have a master's in social work or related field, and have years of supervised work experience providing counseling services.

Religious counselor: Mental health counselors with extensive religious training.

Addiction counselor: Most have a degree in counseling or related field along with additional training in various addictions.

Types of treatment

In the initial stages of treatment, you will be asked many questions. Some might come in the form of psychological testing and others within a series of assessments. Your answers will help the mental health professional develop a treatment plan. Once

this plan is presented to you, it may include a combination of the therapies listed below. Here's a quick description of each:

Psychotherapy uses a variety of techniques to examine the behaviors, emotional issues, and thoughts that lead to depression. Therapy can last from six months to two years.

Counseling involves sessions of self reflection, where the client can voice their perspective on various issues and the mental health professional mirrors those thoughts and feelings in order to reach a level of revelation and self-discovery. Depending upon the issues at hand, sessions can be conducted for the individual, for couples, or within a group setting. Sessions can last a few weeks to a few months, depending upon the problem.

Cognitive-behavioral therapy addresses patterns of thought and behavior in order to reframe reactions to previous ways of thinking. Coping and relaxation skills are taught to manage anxiety. Issues are generally resolved within 12 sessions or less.

Dialectical behavioral therapy is used to treat clients with suicidal tendencies. The goal is to balance self-acceptance with change by developing mindfulness, assertiveness, regulating emotions, and learning distress tolerance skills. Therapy involves four stages of treatment.

Art therapy can help a client identify buried thoughts and feelings through various art mediums (i.e. drawing or painting).

Electroconvulsive therapy is a procedure in which the client undergoes anesthesia and while unconscious, a brain seizure is electrically induced (30-60 seconds) in order to cause changes in brain chemistry that can lift symptoms of severe depression and alleviate mood swings. According to the Mayo Clinic, "Many people begin to notice an improvement in their symptoms after two or three treatments."

Medication therapy can control symptoms of depression while undergoing other forms of therapy. It is not a substitute for therapy. Medication must be taken for at least four to six months during a first episode to be effective. Contrary to other medications, anti-depressant drugs are not habit-forming. According to the Geriatric Mental Health Foundation, you should experience relief via medication therapy within four to twelve weeks.

Review your insurance coverage

Before seeing a professional, it's a good idea to check with your insurance provider to review your mental health coverage. With therapy and medication, some types are covered at higher percentages than others, and some not at all.

If you have questions regarding your Medicare or Medicaid coverage, contact the Area Agency on Aging 1-B's Medicare Medicaid Assistance Program at 800-803-7174.

Warning signs of serious trouble

The Geriatric Mental Health Foundation mentions those age 65 and older account for more than 25% of the nation's suicides. The demographic most at risk is white males age 85+. Here are red flags that warrant a call to 911:

- repeated thoughts of death; harming yourself or others.
- finding yourself making plans to take a life: your own or that of someone else.
- the feeling that living is not an option.
- hearing voices when there's no one around.

You can also contact the National Suicide Prevention Lifeline at 800-273-8255, available 24/7. All calls are confidential.

Where to get help for older adult mental health care

Locate a geriatric psychiatrist near you by calling the **Geriatric Mental Health Foundation** at **301-654-7850** or go online to www.GMHFonline.org.

Visit the **University of Michigan's Geriatric Psychiatry Clinic and Geriatric Center** in Ann Arbor. Call **734-764-6831** for more information.



Michigan Senior of the Year



Dennis Griffin accepts the award for Michigan Senior of the Year in the Leadership Category at this year's Michigan State Fair

Mr. Dennis 'Kirby' Griffin, a long-time member of the Area Agency on Aging 1-B (AAA 1-B) Advisory Council, was awarded the Michigan Senior of the Year award in the Leadership category. Griffin, age 83, from Waterford received the award on Monday August 31 during Senior Day festivities at the Michigan State Fair. The Michigan Senior of the Year award is given to two outstanding seniors in a Service and Leadership category each year by the Michigan Office of Services to the Aging in partnership with the Michigan State Fair.

Mr. Griffin 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. In addition to serving on the AAA 1-B Advisory Council, 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, active with the Waterford Cultural Council.

Snowbirds Important for Michigan in the 2010 Census

The Area Agency on Aging 1-B (AAA 1-B) is concerned that many of Michigan's estimated 130,000 to 190,000 snowbirds may get missed in the upcoming 2010 census—costing the state millions in federal dollars that are allocated based on census numbers.

If retirees reside in Michigan for more than six months out of the year they should be counted as a Michigan resident, so that Michigan receives the federal benefits for them. "Each person who identifies Michigan as their permanent residence brings more than \$1,000 to Michigan each year in federal funding," said Jim McGuire, director of

research, policy development and advocacy at the AAA 1-B.

Snowbirds who are Michigan residence for six months or more out of the year, and who receive the census form at their southern residence should indicate on their census form "USUAL RESIDENCE ELSEWHERE" and return the census form without completing it. When snowbirds return to Michigan they can complete the census form that is waiting for them in their Michigan mailbox, or wait for a census taker to come to their door. The census will send a worker to each residence that does not return a completed form, to

assure an accurate count. Unfortunately the post office will not forward a Michigan census form to another residence.

For more information, please contact Jim McGuire at 248-262-9216; or at jmcguire@aaa1b.com.



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Best Chef Event Brings New Tastes, Healthy Flavors to Congregate Meal Program

Every day, about 2,000 seniors throughout the six-county region that the Area Agency on Aging 1-B (AAA 1-B) serves enjoy a nutritious lunch in the company of friends and neighbors at one of 100 congregate senior dining locations that the AAA 1-B helps support. Housed mainly in senior centers, federally funded senior housing locations, and churches, the program serves traditional favorites at affordable prices. (Diners are asked to make a donation if they can. The suggested donation at most sites averages around \$3.) The volunteers and staff also make sure that their customers have helpings of something equally important—friendship and fun.

Recently, the AAA 1-B brought managers from its Senior Nutrition Service programs together to spark creative solutions, and share new ideas and cooking techniques aimed at making the program's food more flavorful, healthy and fun. The "Best Chef Fest" featured innovative recipes, cooking demonstrations from local cookbook authors and chefs, and some tips and tricks on making the dining experience more enjoyable for seniors.

"Our congregate senior dining service is a wonderful program," explained Tina Abbate Marzolf, AAA 1-B Chief Operating Officer. "The Best Chef demonstration is just one way to share new ideas and trends in eating healthy to make sure we are continuously improving our services and commitment to customer satisfaction."

The event featured Lois Johnson and Margaret Thomas whose cookbook, *Detroit's Eastern Market: A Farmers Market Shopping and Cooking Guide*, features recipes centered around Detroit's local flavors. The authors emphasized using in-season ingredients as a way to enhance flavor while adding nutritional value.

Pot Roast with Spiced Cranberry Gravy and Bleu Cheese Mashed Potatoes

Chef Vay demonstrated this easy recipe at the Best Chef event held earlier this fall. Try it and turn one of your comfort food favorites into something elegant and extraordinary.

- 3/4 lbs. cooked and shredded pot roast
- 1 medium onion –diced
- 1/2 cup grated carrots
- 1/4 cup vegetable oil
- 1/4 cup unsalted butter
- 1 1/3 cup brown gravy (easily prepared from a mix)
- 1 teaspoon allspice
- 1/2 cup sweetened, dried cranberries
- 2 cups prepared mashed potatoes
- 1/4 cup sour cream
- 1/2 cup bleu cheese crumbles

The event also featured a demonstration from Chef Allen Vay, who showed how small changes and a few key ingredients could transform traditional dishes into something extraordinary. For one recipe, he added cranberries and bleu cheese to a traditional pot roast recipe.

"Introducing new ingredients to a tried-and-true recipe is something very simple and pleasing to the palate," explained Karen Jackson-Holzauer, nutritionist and manager of the AAA 1-B senior nutrition service programs. "It can turn mom's pot roast into a whole different dining experience with the goal to reset the table for senior nutrition programs and bring the key elements of food, taste, flavor and nutrition together for healthy aging."

In addition to new recipes and food trends, Best Chef Fest participants discussed the fun factor as part of a well rounded senior dining program.

"Joining food and fun with friendship is important," explained Jackson-Holzauer, "The senior nutrition congregate dining program is about so much more than just the meal. It's about older adults having the opportunity to enjoy great-tasting food in an inviting atmosphere where socialization and meeting new people is central to aging well."

Congregate meals can be enjoyed by adults age 60 plus and their spouse (no age requirement). What is unique about the AAA 1-B Congregate Senior Dining Program is the commitment that older adults contribute to its success. Many of these same participants volunteer their time to deliver Meals on Wheels for those that can not attend the centers.

To find a senior congregate dining program near you, please call the AAA 1-B's Information and Assistance line at 800-852-7795 or visit us at www.aaa1b.com.

Heat the oil and butter in a medium sauté pan over medium-high heat. Add the onion, carrots and dried cranberries, and cook until the onions have browned slightly and the cranberries have softened. Add the shredded pot roast and continue to cook until the beef is heated through.

Reduce the heat and add the gravy to the pan. While stirring, warm the gravy to almost a simmer. Add the allspice to the sauce and beef mixture.

Fold the sour cream and crumbled bleu cheese into the mashed potatoes (reserving some of the bleu cheese.) Spoon the mashed potatoes into a bowl and top with the pot roast and sauce. Finish by sprinkling 1 tbsp. of the reserved bleu cheese on top.



Chef Allen Vay serves up his dressed up pot roast recipe at the Best Chef demonstration.

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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" 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."

Jim Schuster
Certified Elder
Law Attorney



Listen for "Living Well." on these stations:



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AAAM09

Local artist donates time and talent to meals on wheels



This holiday season, the Area Agency on Aging 1-B is offering a holiday card that will help support its Holiday Meals on Wheels program and also support participating senior centers. The cards, which are available for \$12 for a pack of 10, are available directly through the Area Agency on Aging 1-B and are also being sold at three local senior centers.

The cards feature the work of Bloomfield Hills artist Lillian Mitchell. Mitchell, a senior herself, who has won many juried art shows and awards. She continues to paint and draw in spite of a 10-year battle with osteoarthritis that has severely affected the joints in her hands. "Lillian is an

incredible artist, and everyone at our agency was extremely touched when she agreed to share her time and talent for our holiday card program," explained Tina Abbate-Marzolf, Area Agency on Aging 1-B chief executive officer.

Mitchell said she was "absolutely honored" to be able to help other seniors in need and would not have considered not doing it once asked.

Proceeds from the cards will benefit Holiday Meals on Wheels. Many seniors in the six-county region that the Area Agency on Aging 1-B serves depend on Meals on Wheels for their daily nutrition. For many frail, homebound seniors who can no longer prepare their own meals, it's a lifeline and a necessity.

While government funding provides financing for Meals on Wheels delivered Monday through Friday, these funds do not cover the cost of meals on holidays. The Area Agency on Aging 1-B must raise funds to cover the cost of holiday meals.

These holiday meals provide much more than just sustenance. For many homebound seniors who would other-

wise 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 Area Agency on Aging 1-B will serve about 7,000 holiday meals this year. Meals are delivered on Thanksgiving, Christmas, Hanukkah, New Year's Day, Easter and Passover.

In addition to being available directly through the Area Agency on Aging 1-B, the cards will also be available at three participating senior centers. Proceeds from the cards sold at these centers will benefit both Holiday Meals on Wheels and the senior centers themselves.

To Purchase Cards Directly Through the Area Agency on Aging 1-B:

Cards can be ordered directly through the Area Agency on Aging 1-B by calling 800-852-7795. Cards can be ordered by phone and delivered via priority mail. Cards are \$12 for a pack of 10. An additional \$7 shipping fee will be added to orders delivered by mail.

Cards Are Also Available at the Following Senior Centers:

Bloomfield Township Senior Center
4315 Andover Road
Bloomfield Hills, MI 48302
248-723-3500

Clinton Township Senior Center
40730 Romeo Plank Rd
Clinton Twp, MI 48038-2942
586-286-9333

Costick Center-Farmington Hills
28600 11 Mile Road
Farmington Hills, MI 48336
248-473-1830

Donating to the Holiday Meals on Wheels Program

Direct donations to the Holiday Meals on Wheels program are also needed. Direct donations can be made by calling the Area Agency on Aging 1-B at 800-852-7795, or visiting the website at www.aaa1b.org.



Advocacy • Action • Answers on Aging

Mission

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

Goal

To be the specialists in aging and the point of access to care for individuals 60 and older, family caregivers, and adults with disabilities living in the counties of Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw.

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, 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

Calendar of Events

Aging Network Professionals! Save the Date for the First Annual Judith J. Wahlberg Memorial Lecture

February 4, 2010

9:00 a.m.-12:00 p.m.

Wayne State University Oakland
Center-Farmington Hills, MI

Presented by the Area Agency on Aging 1-B in partnership with the Wayne State University Institute of Gerontology, the Judith J. Wahlberg Memorial Lecture is dedicated to enhancing professional development opportunities for those concerned about services and programs for older adults. The program will include two presentations:

Fall Risk and Mobility Assessment and Enhancement—presented by Neil Alexander, M.D.

The Role of a Geriatrician in Today's Older Society—presented by David Sengstock, M.D., MS

The cost for the program is \$35 per person. A discounted rate of \$30 per person is given for groups of two or more registrants from the same organization. CEUs may be available for RNs and Social Workers.

For more information, please contact Kristin Wilson at kwilson@aaa1b.com or 248-262-9226.

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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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