

# ACCESS

How Do You Live to 100?  
Pages 4 & 5



## Your Link To Community Resources

Vol. 14, No.3

A Publication of The Area Agency on Aging 1-B

Fall 2012

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

### Exercise Your Mind with Exciting Opportunities for Lifetime Learning

In the words of contemporary writer William Arthur Ward, "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." Ruth Adler Schnee is one of those masters in our midst here in Southeastern Michigan.



*SOAR Program teacher Ruth Adler-Schnee, 89, receives an honorary doctorate from the College of Creative Studies.*

She has the ability to captivate and motivate students to look deeply at the designs in everything around them. As an accomplished and widely recognized designer, whose works are on display at the Henry Ford Museum, Schnee noted, "Design is everywhere. All you have to do is look. It's in nature. It's in everything." Her classes on modernism and architecture motivate students to take a closer look at design in their everyday lives.

Southfield resident Beverly Hords has taken classes taught by Schnee through the Society of Active Retirees (SOAR) program offered at Wayne State University's Oakland Center in Farmington Hills. Hords explained, "I learned that good design is timeless." Hords signed up for SOAR classes the very first year they were offered, about 10 years ago, and has attended every semester since. "I feel fortunate to

have the opportunity to take classes from the high-caliber of instructors in the SOAR program. It is always an intellectually stimulating experience and the atmosphere is always warm and welcoming," she said.

SOAR offers a broad range of non-credit courses and provides members, age 50+, with multiple opportunities for social and cultural enrichment and personal growth. SOAR offers two, six-

*continued on page 2*

### New Service Makes Finding Transportation Easier

*"For seniors and persons with disabilities, finding transportation to doctor appointments, the store, or simply to visit a friend, can be one of the biggest challenges when striving to maintain independence."*

Macomb County resident Francine Alsobrook has been caring for her mother who has had Alzheimer's for the past 15 years. Caregiving for a loved one with this degenerating disease presents a myriad of challenges.

Recently, her mother required return transportation to Alsobrooks home following a nursing home stay at a facility a mile away. Not being able to take her mother herself and not sure of where to turn for transportation, Alsobrook used a service offered by the nursing home. She experienced sticker shock when she was charged \$98 for the ride. At the time, Alsobrook was working with Area Agency on Aging 1-B (AAA 1-B) Out-of-Home Respite Coordinator Nancy Thompson. When Alsobrook mentioned her experience and the \$98 charge, Thompson recommended that Alsobrook contact myride2. A partnership between the AAA 1-B and Jewish Family Service, myride2 is a new, innovative transportation concierge service designed to assist Macomb and Oakland County seniors age 60+ and disabled adults (regardless of age) find transportation options and make transportation arrangements.

"AAA1-B has been one of the most helpful agencies I've ever dealt with," Alsobrook said. "Nancy has done so much to help my mother receive quality care by putting us in touch with affordable services that make our lives easier and are available within our community."



After connecting with myride2 Alsobrook noted, "They called me back with selections that were within my budget and the cost for mom to go from our home in Warren to a facility in Clarkston was just \$49, that's a big savings!"

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## Exercise Your Mind with Exciting Opportunities for Lifetime Learning continued from page 1

week terms per year: The fall term runs October through November, while the spring term runs April thru May. Membership for each term costs \$80 and for that fee, members are entitled to take eight classes and one free class. In addition, prior to the beginning of the term, members can sign up for any additional open classes at no extra costs. With over 70 course offerings, ranging from art and architecture to law, music, science and travel, there are no assignments, tests or grades;

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If you prefer a mobile classroom to explore topics at your leisure, there are other options. The Great Courses offers a selection of enlightening college

lectures conducted by top professors at leading universities. These non-credit courses are available for download onto your iPod, iPad or laptop. For a little more you can purchase a course on DVD or CD. For example, those who enjoy the art of writing could explore what it's like to take a course at The University of Iowa, check out Professor of English Brooks Landon's 24-thirty minute lectures on "Building Great Sentences: Exploring the Writer's Craft" that normally would cost \$254.95 but is available on DVD for \$69.95 in their introductory catalog 800-832-2412. You'll pay less for the audio download with tech support at a cost of \$34.95. Preview courses online and read student reviews by visiting [www.ordergreatcourses.com](http://www.ordergreatcourses.com).

If you prefer to visit the origins of your educational interest, you might want to visit [www.road scholar.org](http://www.road scholar.org). This organization offers 6,500 educational tours in 50 states and 150 countries. The cost of these expert-led lectures and field trip travel is all-inclusive. 'Budget-friendly', 'last minute', and 'low-activity level' programs are available. Don't let financial need hold you back. Road Scholar offers \$250,000 in scholarship money annually toward programs offered throughout North America for those who wouldn't

otherwise have the financial means to participate. If you'd like more information on Road Scholar programs, call 800-454-5768.

### Ivy League Online

Have you ever wondered what it would be like to take a class at Harvard, Stanford, Yale, MIT, or the University of Michigan? Expand your mind with free non-credit courses taught at prominent universities online via computer. That's right; it's free. With tuition costs rising at universities nationwide, there's a growing movement to make education broadly available to students free of charge. Faculty members are volunteering to take part and the cost to the university is minimal. Explore the following websites to find a course that peaks your interest:

[www.academicearth.org](http://www.academicearth.org)

[www.khanacademy.org](http://www.khanacademy.org)

[www.ocw.mit.edu](http://www.ocw.mit.edu)

[www.coursera.com](http://www.coursera.com)

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**CHRISTOPHER J. BERRY**  
Attorney at Law

Witzke Berry Carter & Wander PLLC  
2550 S. Telegraph Road | Suite 255 | Bloomfield Hills, MI 48302 | Phone: 248-481-4000

## Finding Transportation Easier continued from page 1

Roberta Habowski, Area Agency on Aging 1-B's mobility project manager, noted that one of the biggest challenges for seniors and adults with disabilities is finding transportation to doctor appointments, the store or to visit a friend. "myride2 was designed to make that process a little easier," she said.

The service is easy to use. Those requiring transportation can contact the myride2 call center, toll-free at 855-697-4332 (myride2). A mobility specialists will ask questions as to their destination. They will then work to find transportation providers that match their budget and any special needs they might have. The service is available Monday through Friday, from 8 a.m. to 4 p.m. and is multi-lingual. Keep in mind that myride2 does not provide the transportation directly, but rather helps connect people to transportation providers and services in their area that are right for them. "We don't do the driving," Habowski explained. "But we can do all the leg-work and coordination that will make the process easier." Also keep in mind that while the services of the myride2 mobility specialists are free, the transportation providers will charge a fee for the transportation itself. Habowski recommends contacting myride2 at least

two days prior to departure, allowing time for the coordination and booking process. "It's always better to give us some time to do that coordinating," Habowski added.



myride2 services are also available online. Visit [www.myride.com](http://www.myride.com) to locate providers serving your area, request a ride online, or find safe driving information.

Currently, myride2 serves residents of Oakland and Macomb County. According to Habowski, "We will be working with The Senior Alliance (AAA 1-C) to expand into western Wayne County." She added, "We will also be working with The Disability Network Oakland Macomb (DNOM), a Center for Independent Living."

Alsobrook sees myride2 as a life-saver. She explained, "Between caring for my mother and working a part-time job, it's very hard. I just don't have the time. But myride2 saved me time in making a bunch of phone calls. It worked out really well. I highly recommend this service."

# ASK the expert



*Dr. Paula Kim, Family and Geriatric Medicine, Beaumont Hospital, Grosse Pointe and Associate Professor, Department of Family Medicine, Oakland University William Beaumont School of Medicine.*

## Using Supplements Safely

About one third of adults use some sort of multivitamin and mineral supplement on a regular basis. It is important to talk with your health provider about any supplements that you might be taking and keep in mind some general precautions.

**Can supplements interact with my prescriptions? What about side effects?**

You should treat supplements like any other medication. Interactions and side effects are possible. Let your physician know what you're taking. He or she can address possible interactions and side effects and also recommend a dosage.

### Are supplements regulated?

Unlike prescription drugs, supplements are not regulated by the FDA to assure quality, and the manufacturer is under no obligation to reveal possible side effects.

### Is it possible to overdose on a supplement?

Supplements can become "poison" in larger doses beyond what's recommended. When you calculate your total intake of a supplement, remember to include your intake from conventional fortified foods and beverages (e.g. calcium fortified orange juice.) Work with your physician to determine which supplements to take and at what dose.

### Any supplements I should be especially careful with?

#### Vitamin E

It is recommended not to take more

than 400IU a day. Safety issues involve an increase in bleeding tendency and also important interactions with blood thinners such as coumadin, heparin and ginkgo.

#### Vitamin A/Beta Carotene-

These are found in most standard multivitamins in the recommended, safe amounts. There is a potential for toxicity if megadoses are consumed. Very high beta carotene levels are now correlated with an increased risk of lung cancer in men who smoke.

#### Vitamin B6 (pyridoxine)

The safe amount is up to 200mg daily. In high doses it can cause nerve problems.

#### Iron supplements

This mineral is included in most multivitamins and there should be no need for a menopausal woman or an adult man to take larger doses. Iron is permanently stored and has the potential to cause tissue damage.

### Are there any supplements that we should all be taking?

There are three nutritional supplements that have been well researched and which most adults may want to be aware of.

#### Vitamin D

As we age we have more difficulty making active vitamin D from sun exposure. Consider having your physician check your vitamin D level.

A supplement may help fend off osteoporosis and improve muscle strength and balance.

#### Omega 3 fatty acids

In addition to having an anti-inflammatory effect, these fatty acids can also lower blood pressure, decrease the level of triglycerides in the blood and may also help prevent dementia and macular degeneration!

Examine the label carefully to make sure supplements contain both DHA and EPA. Also be sure any fish based supplement is from ocean fish (not farmed) and has been checked for impurities such as PCBs, dioxin, mercury, etc.

#### Vitamin B12

Consider having your physician check your B12 level. As we age, we produce less and less stomach acid, which is necessary to extract the B12 from foods. Any medication which reduces stomach acid will promote a decrease in the ability to maintain a healthy B12 level—examples are Zantac, Prilosec type drugs; also the popular diabetes medication, Metformin. Too low a B12 level can cause a number of different problems including memory difficulty, anemia, difficulty with sensation in the feet and lower legs.

#### For more information:

Food and Drug Administration, [fda.gov/food/dietarysupplements](http://fda.gov/food/dietarysupplements)

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# How Do You Live to 100?

## Ask Some Local Centenarians

People age 100 and older, otherwise known as centenarians, are one of the fastest growing segments of the U.S. population. In fact, according to the U.S. Census Bureau, the number of centenarians in this country is projected to increase from approximately 72,000 in 2010 to over 600,000 in 2050 as the baby boomer generation ages.

Research is ongoing to determine key factors that help people reach this milestone. Some studies suggest a genetic link, others

point to diet, exercise, water and sleep.

We went in search of these precious human treasures in our corner of the world to peek at their long lives and to see how longevity factors played a role in each lifespan. Consider the fact that all lived during multiple wars, a deadly flu pandemic, the depression, the atomic bomb, the assassination of President John F. Kennedy, man walking on the moon, and a multitude of inventions and cultural changes. Here's what we discovered...



Manny Hauer participating in the Senior Olympics at age 100.

### Manny Hauer

#### Age 101

#### Born in Poroskov, Czechoslovakia in 1911

This Oakland county resident was raised in Czechoslovakia and immigrated to Detroit in 1939.

**One thing about Manny you should know...** He won a gold medal in this year's Michigan Senior Olympics for the age 90+ age group in the 1500 meter race-walk with a time of 17:08! Participants must do better than 17:19 to qualify for a medal.

**Exercise:** Hauer started racewalking in retirement, shortly before his 70th birthday. This is an Olympic sport that involves specific heel to toe technique that causes the hips to swivel from side to side. Hauer started out walking four to five miles a day, progressively gathering other walkers along the way and eventually forming a group. Hauer lifts weights and occasionally participates in group exercise with his wife Helen of 71 years. "I truly believe that walking has kept me healthy and helped me to live this long," Hauer said.

**Diet:** He eats moderately and, in recent years, gave up eating beef.

**Smoking and drinking:** He never smoked and occasionally drinks wine.

**Attitude:** Responsibility started early for Hauer. As a young child, he was required to attend religious school early in the morning, come home for breakfast, and then attend regular classes followed by work on the family farm when he got home.

Hauer dealt with stress by avoiding difficult people. "When people in your life are argumentative, just walk away," he advised.

**Education:** Attended school until the age of 13 when he was sent away to become an apprentice. He first trained as a blacksmith, then a tailor, then a plumber, and finally a mechanic. When Hauer moved to America he took classes at Cass Tech and Lawrence Tech, but did not earn a degree.

**Occupation(s):** In addition to his apprenticed occupations, Hauer also worked as a highway construction engineer and a tool and die maker in a munitions factory during WWII. After the war, Hauer worked in an industrial laundry, where he was promoted to manager and stayed until retiring just prior to turning 70.

**Spiritual side:** Although Hauer's Jewish faith played a major role in his life; he doesn't attribute this to his longevity.



A young Manny Hauer.

in concentration camps in the holocaust," he said.

**Longevity advice:** "Walk daily, eat healthy food and avoid red meat," he said.

**Connection to family and friends:** Hauer and wife Helen have three daughters, five grandchildren and three great grandchildren. Hauer's most joyful moments are times spent with Helen and their family.

**Historical event that had the most impact on Hauer:** "WWII had the most impact. None of my family who lived in Czechoslovakia during WWII survived the war. They all died



Coscia shines for the camera at age 102.

### Julia Coscia

#### Age 105

#### Born in Santa Maria, Italy in 1906

This Macomb county resident was raised in Italy, immigrated to Windsor, Canada, moved to Detroit, Michigan and now resides in St. Clair Shores.

**One thing about Julia you should know...** She's a hard worker who has blossomed with age and she's stunningly beautiful at 105!

**Exercise:** Coscia walked everywhere, never had a car.

**Diet:** She ate Italian cuisine with fresh ingredients—never anything frozen.

**Smoking and drinking:** Coscia never smoked. Her recipe for a long life includes a twice daily glass filled with ½ cup dry red wine and ½ cup water.

**Attitude:** Coscia goes with the flow of life and doesn't let any road blocks get to her. She handles everything that comes her way.

**Education:** Her mother died when Coscia was 13. As the oldest daughter and 5th eldest of seven children, her father had Coscia quit school to take over caring for the family. "I had a tough life growing up," she said.

**Occupation(s):** Coscia worked as a cook as a teenager and a seamstress during the war sewing parachutes for a short stint. She considered her most important job being a stay-at-home mother. "I stick around for my kids," she said. Years following the



*Julia Coscia in her early 50s as she celebrates her independence with a visit home to her native Italy.*

death of her husband, Coscia returned to the workforce as a janitress in a Detroit Public Schools elementary school until she retired at age 62. After spending a life-time taking care of everyone else, Coscia would reflect on this span of independence as some of the best years of her life.

**Spiritual side:** "I'm Roman Catholic through and through.

When times were tough, I would pray all the time," said Coscia. "We're religious people."

**Connection to family and friends:** Coscia and husband Alfredo Giuseppe had one daughter, Maria, and two sons: Allesandro and Alfred. Coscia was 45 years old when her husband died at age 59 from a massive heart attack. Coscia now has 11 grandchildren, 15 great grandchildren, and 3 great-great grandchildren. Due to dimming eyesight and hearing, daughter Maria is now Coscia's connection to the world.

**Historical event that had the most impact on**

**Coscia:** "When the Lindbergh baby was kidnapped," she said and mentioned that fear spread about child abductions. "I was walking with my child in the baby carriage and the police were checking babies as you'd stroll down the street." she said.

**Longevity advice:** "A little bit of dry, red wine can go a long way," she said.



*Fred Bryson at 104.*

## Fred Bryson

**Age 104**

**Born in Detroit in 1908**

This Oakland County resident raised his family in Redford Township, then moved with his wife to Farmington Hills and lived there until he sold his home at age 100.

**One thing about Fred you should know...** In his interview, his daughter Linda showed him the utmost respect in directing all attention to Fred for the answers to the interview questions. It was evident that she not only respects, but deeply admires her father.

**Exercise:** No regiment at any time.

**Diet:** Everything in moderation and two cups of coffee daily. Favorite foods are pork and grilled cheese sandwiches.

**Smoking and drinking:** "I quit smoking cigars 30 years ago," Bryson said. He enjoyed an occasional beer.

**Attitude:** Bryson has a calm, quiet, gentle demeanor. His life motto is, "Do unto others as you would have them do unto you." Bryson's favorite part of the day... "Morning- When I realize I'm alive for another day," he said and smiled.

**Education:** A high school graduate, however the cost of college prohibited him from attending.



*A younger Fred Bryson, diploma in hand.*

Arthritis. He lovingly cared for her for 18 years before she passed away in 1986 at age 74. His son, Fred Jr., passed away at age 69 from heart failure. Outliving his child was the biggest disappointment in Bryson's life.

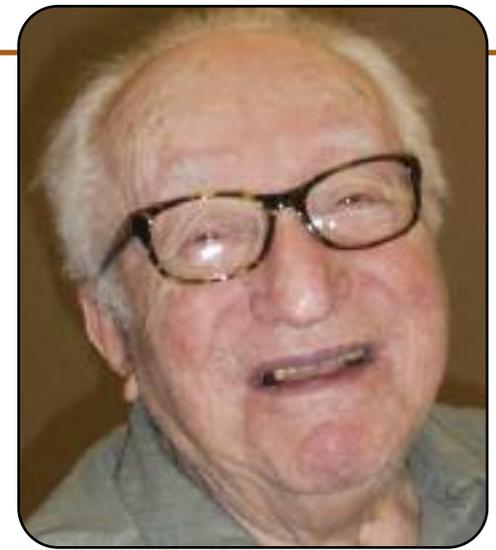
**Historical event that had the most impact on**

**Bryson:** "I'd say it was the invention of the radio when I was in my 20's. I loved to hear about the events of the world and listen to sports broadcasts. Still do," he said.

**Longevity advice:** Bryson stated, "When you get to be 103 the Social Security people will look you up. I got a 'where's Fred' letter about six months ago. A woman came to check up on me to make sure I was still alive." No birthday cake and alas, no bonus.



*Borak in 1943 at age 31. "I was 5'7" tall, but now I'm the incredibly shrinking man," he laughed. At age 100, Borak stands 5'4".*



*Sam Borak at 100.*

## Sam Borak

**Age 100**

**Born in Zamosch, Poland in, 1912**

This Oakland County resident immigrated to America in 1919, with his mother and sister, after their father landed a job with Ford.

**One thing about Sam you should know...** He has a fantastic sense of humor and if you were to guess his age, you'd think he was in his 70's based on his appearance, build, agility, and sharp mind.

**Exercise:** He always did a lot of walking in his sales career.

**Diet:** "I ate normally. I was never a glutton," said Borak.

**Smoking and drinking:** Smoked two to three packs of cigarettes a day and quit when he was in his 30's. He drank in moderation.

**Attitude:** "You know I learned a long time ago in business that if you smile, people like you more. They're more attracted to you," Borak said. When asked how he gets rid of stress he replied, "By being around people. I'm a people person."

**Education:** Borak had to quit school to support the family. Not earning a college degree was one of life's disappointments. "Most of my knowledge comes from reading articles about current events. I used to read the "Detroit Free Press" and "Detroit News" when my eyes were good," he said.

**Occupation(s):** "I worked for Independent Biscuit selling baked goods. And then it became Nickleberry's, a Chicago outfit. I worked for them for over 30 years," Borak said.

**Spiritual side:** Jewish

**Connection to family and friends:** Brief marriage to Doris ended in divorce. "She had great legs, but I soon learned that you don't marry the legs." Years later, when Borak was nearly 40, he met the love of his life. "Becky already had a family; Barry, Arnie, Marlene and Mark. The nearly 20 years I spent with her was the best time of my life," Borak said. She passed away from complications due to Alzheimer's. "She left me the legacy of a wonderful family," he said.

**Historical event that had the most impact on Borak:**

"Being Jewish, it would have to be the Holocaust because six million Jews were killed. Fortunately, it didn't directly impact me," he said.

**Longevity advice:** "Enjoy life because it goes too fast—especially at my age. When you get to be 100 it goes too fast."

# California Dreaming Come True!

*Rebecca Rabano has written for ACCESS since 2005. In August of 2010, she got an amazing gift:*

It all started with a simple prayer. "Lord, with these high gas prices, please help me find a way to afford transportation." Fuel for my 1995 Mitsubishi SUV was costing me \$100 a week.

Five months later, on a visit to California in August 2010, my husband Bob, my daughter Chelsea, her fiancé Brian, and I decided to attend the CBS television game show "Let's Make a Deal."

On this show, hosted by Wayne Brady, contestants arrive in costumes to win money and fantastic prizes. I was dressed as "Mother Nature," Chelsea was a framed picture of "Gone with the Wind" and Brian was a boxer.

When we got to the studio, each potential contestant was interviewed by the producers. They asked if I had ever been on the original show that featured Monty Hall."

I was on "Let's Make a Deal" 25 years before dressed as an "amoeba



*Access writer Rebecca Rabano won a new Ford Fiesta on "The Price is Right." She worked with the dealer to trade up to a 2010 Ford Escape that gets great mileage. Rabano is pictured with son Cole and Royal Oak Ford's Mike Long.*

trainer of America." Back then, to get on "Let's Make a Deal" you had to line up in your costume outside of the studio and announce what you were dressed as while the show's producers walked by. If they liked your costume, you were in. When I yelled out my costume, the head producer did a double take and sent me in to participate on the show.

After I was seated in the audience, Monty Hall came right to my row. I was sure Monty was going to call my name, but my nametag was flipped forward and while he struggling to read it, the woman next to me seized the opportunity and sprung to her feet. That woman won a car. Me...I left with an interesting tale to tell. Fast forward 25 years and

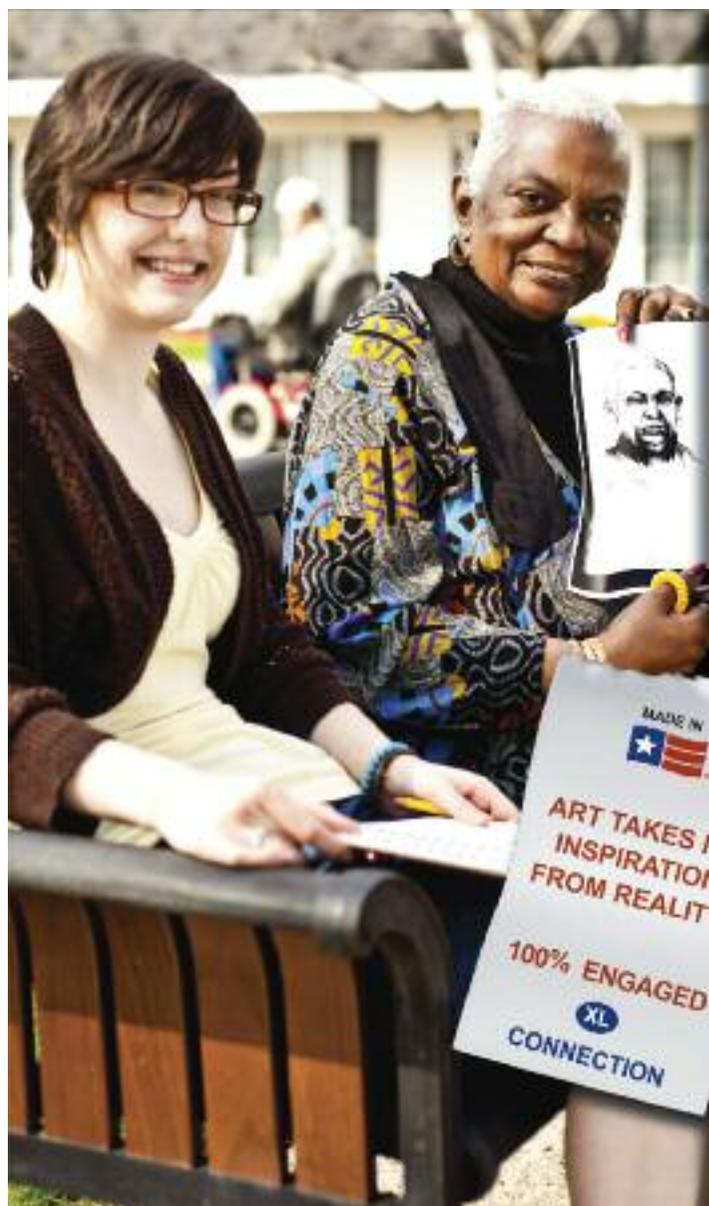
that's my "little bit about me" story I tell producers.

The four of us were seated and watched as people won fabulous prizes left and right. Halfway through the show, Wayne announced, "Who wants to win a car?" The audience went wild as Wayne picked a woman dressed as a beautiful Spanish maiden. He shouted, "I need another contestant." And before I can catch my breath, Wayne pointed right at me and said, "Large plant (really?), come on down!"

The Spanish Maiden and I stood on either side of small podium with a baseball-sized red buzzer between us. Wayne told us that we were playing for money as he threw two big wads of

cash onto the podium. Wayne said he would call out higher and higher cash amounts and we could win the cash by hitting the buzzer and stopping him before he named an amount higher than what was in the pile. If he went too high before one of us hit the buzzer, we lost. The other option was to opt out of the cash completely and take a chance on what was hidden behind Curtain Number 2 or Curtain Number 3.

The game began. The amount of money climbed to \$3,400 and the Spanish Maiden hit the buzzer. Wayne asked her if she definitely wanted to stop there and she happily shouted, "Yes Wayne." Then he turned to me and asked, "Rebecca, you could have that money, or you could take a chance at winning a car behind one of those curtains. I told Wayne, "Next week is my 50th birthday. My car is 16 years old and has 230,000 miles on it. I'm going for the car Wayne!!" I looked up to my daughter and picked Curtain Number 3. Wayne then said, "Let's see what's behind the curtain you didn't pick..." The curtain peeled back, revealing an old car with smoke rising. I then realized that Curtain Number 3 had the brand new car. Sure enough; all I see is sparkling silver as Curtain Number 3 swishes open, revealing a 2012 Ford Fiesta! It was the answer to my prayers and the best birthday present ever.



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Westland Joy (734) 367-4861  
Westland Venoy (734) 403-4540

### Macomb County

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East II (586) 838-1013  
Lakeside (586) 439-5838  
Sterling I (586) 580-4854  
Sterling II (586) 580-8777

### Washtenaw County

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### Oakland County

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Oakland (248) 236-5088  
Royal Oak (248) 556-3047  
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Troy (248) 566-6082  
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(at 15 Mile) in  
Sterling Heights, Michigan**

**Parking and Admission are FREE!**

- Educational seminars (see topics and presenters at right)
- More than 85 exhibitors on site displaying and demonstrating products and services to assist caregivers
- "Ask The Resource Specialist" for answers to questions on Medicare, Medicaid and access to local services
- Professional care onsite for your loved one while you attend the expo. Quality care provided by the Alzheimer's Association – Greater Michigan Chapter and Macomb County Interfaith Volunteer Caregivers. Call in advance to make a reservation for respite care at the expo. Call 800-852-7795.
- Free morning refreshments
- Cash and carry afternoon snacks available
- Door prizes and giveaways!

The Caregiver Expo is free and open to the public due to the generosity of these community partners:

- HAP Medicare Solutions
- Henry Ford Health System
- AAA – The Auto Club Group
- Blue Cross Blue Shield of Michigan
- Witzke Berry Carter & Wander, PLLC
- American House Senior Living Communities
- Guardian Medical Monitoring
- Meridian Advantage Plan
- NexCare Health Systems
- Presbyterian Villages of Michigan
- Visiting Physicians Association
- Waltonwood Senior Living

Morning refreshments are provided by:

- Jim Schuster, CELA
- SMART
- Trinity Senior Living Communities

Respite Care at the Expo is supported by Hospice of Michigan and Sunrise Senior Living.

Media Sponsors are Alternatives for Seniors, The Macomb Daily, and Senior Living News.



## 2012 Caregiver Expo Connects Family Caregivers to Resources and Solutions



For details visit [Michigancaregiverexpo.com](http://Michigancaregiverexpo.com), or call 800-852-7795 or email [Sallie Justice at salliejustice@aaa1b.com](mailto:SallieJustice@aaa1b.com)

## 2012 Solutions for Family Caregiver Expo Presentations

**9:30 a.m. to 10:30 a.m.**

**"Making Medicare Work for You"**  
Karen Wintringham  
Vice President, Medicare Programs  
*HAP Medicare Solutions*

**"Keeping the Keys"**  
Jack Peet, AAA Traffic Safety Manager  
*AAA – The Auto Club Group*

**"Paying for Long Term Care: Medicaid and VA Benefits"**  
Christopher J. Berry, Esq.  
*Witzke Berry Carter & Wander, PLLC*

**"Where Do You Turn When You Need A Break? Respite Care for the Caregiver"**

Mary Toupin  
Director of Adult Day Services  
*A Friend's House Adult Day Program, Catholic Services of Macomb*

JoAnn DeGrandis  
Respite Volunteer Coordinator  
*Macomb County Interfaith Volunteer Caregivers*

Andrea Layman  
Director of Network Development  
*Area Agency on Aging 1-B*

**11:00 a.m. to 12:00 p.m.**

**"Beyond Just the Primary Care Doctor"**  
Dr. Gardi Vidholia, Geriatrician  
*Henry Ford Medical Group*

**"Navigating Long Term Care Options"**  
Barbara Lavery, Regional Supervisor  
*Area Agency on Aging 1-B*

**"Caregiving Survival"**  
Jill Gafner  
*Caregiver and Author*

**"Have You Had The Talk?"**  
Cynthia Pimm, MSW, MPA, MM  
*Hospice of Michigan*

**12:30 p.m. to 1:30 p.m.**

**"Medicare and Medicare Advantage Plans – Explaining the Options"**  
Rose Cook, Senior Medicare Consultant, Federal Business Division  
*Blue Cross Blue Shield of Michigan*

**"Legal Tips for Caregivers"**  
Jim Schuster, J.D.  
*Certified Elder Law Attorney (CELA)*

**"Communication and Understanding Behaviors in Alzheimer's Disease"**  
Roxanne Chang, MS, Esq., LLP  
*Alzheimer's Association, Greater Michigan Chapter*

**"Housing Options for Older Adults and Persons with Disabilities"**  
Rebecca Fried, LLMSW  
Housing Specialist  
*Area Agency on Aging 1-B*

## Medicare Election Period a Good Time to Review Plans



October 15th through December 7th is Medicare's Coordinated Election Period. During this time, you can switch, drop or enroll in Medicare Part D prescription plans and Medicare Advantage plans.

During the Coordinated Election Period, you can:

- Change from original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to original Medicare

- Switch Medicare Advantage plans
- Join a Medicare Part D Prescription Drug Plan
- Switch Medicare Part D Prescription Drug plans

Medicare Part D plans offer prescription coverage to those eligible for Medicare. The plans are sold and managed by private companies and vary greatly in terms of monthly premiums, annual deductibles, drugs covered and prescription prices.

It is important to review your Part D coverage every year. Premiums, co-payments or the drugs covered can change from year-to-year, even within the same plan. Your current plan should send you an "Annual Notice of Change" by September 29th, which outlines any changes to your current plan for next year. All plan elections will take effect January 1.

The Area Agency on Aging 1-B (AAA 1-B) Medicare and Medicaid Assistance Program (MMAAP) will be offering help with plans and choices throughout the election period. You can get help from a trained MMAAP counselor by either calling the MMAAP assistance line at 800-803-7174 or attending one of the Medicare Part D Assistance Days being held by the AAA 1-B at venues throughout the six-county region it serves (Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw). These Assistance Days give Medicare recipients an opportunity to work one-on-one with a trained MMAAP counselor to compare plans and choices. Check the [aaa1b.com](http://aaa1b.com) website for Assistance Days dates and details or call the MMAAP Assistance Line at 800-803-7174 for more info on scheduled dates.



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

*ACCESS: Your Link to Community Resources is published by the Area Agency on Aging 1-B, 29100 Northwestern Highway, Suite 400, Southfield, MI 48034, phone: 248-357-2255, fax: 248-948-9691. Paid advertisers are not endorsed by the Area Agency on Aging 1-B. Questions and comments may be directed to Jenny Jarvis, Director of Communications, or Kathleen Yanik, Communications Manager, editor. Access is written by Rebecca Rabano. Design and production by Northlight Design. Printing by Pinnacle Printing & Promotions.*

PAID ADVERTISEMENT

## Don't Miss the Area Agency on Aging 1-B's Living Well Radio Series!



"Living Well" is a radio series that can be heard on our five radio partners. This informational feature provides tips, resources and important information to family caregivers, who are often struggling to balance caregiving with work, family and other obligations. "Living Well" sponsorship opportunities are available. Please contact Bill Hayes at 248-644-1990.

Many thanks to our recent sponsors who have helped bring you "Living Well."



Listen for "Living Well." on these stations:



29100 Northwestern Highway, Suite 400 • Southfield, MI 48034  
800-852-7795 • [www.aaa1b.org](http://www.aaa1b.org)

## Calendar of Events

### St. Clair County Senior Power Day

"Take Control of Your Health"

Wednesday, October 24

10:00 a.m.-2:00 p.m.

Port Huron Senior Center

600 Grand River Ave., Port Huron

Event will include health screenings, business displays, brunch, door prizes. Cost: Free



### 2012 Solutions for Family Caregiver Expo

Saturday, October 13

See page 7 for more info or call 800-852-7795.