

ACCESS

Caregiver Expo
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Your Link To Community Resources

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

Speaking out against Elder Abuse

Carol Marshall may have read about elder abuse in the newspapers, but never thought this would happen in her world.



Carol Marshall with the 2013 "Courage to Speak" individual award.

That was until October of 2011, when Roland "Frenchy" DeSellier, her companion of 35 years, was hospitalized due to a stroke and then discharged to a local rehab/nursing facility. A former hockey player for the Chicago Black Hawks, Frenchy was diagnosed with Alzheimer's disease in 1999 at age 81.

During his stay in the nursing facility, Marshall began to notice, what turned out to be signs of physical and emotional abuse:

- Evidence of inadequate care or poor standards of hygiene
- Malnourishment or dehydration without an illness-related cause
- Inadequately explained bruises, sores and cuts
- Sleep problems or changes in eating patterns
- Helplessness, hopelessness or anxiety
- Fear, confusion or an air of resignation

The stroke affected Frenchy's right side. As a right-handed person, this put Frenchy at a disadvantage. He was unable to walk and required assistance to eat and use the restroom. "His food tray perpetually had documentation stating that he required a feeding assistant, but help with these basic functions were often disregarded," said Marshall.

"He suffered with spinal stenosis, which was ignored, though noted in his medical record," said Marshall. This caused severe pain in his back and spine if he was forced to sit in a wheel chair for long periods of time. "Frenchy would call out for help when he had to go to the bathroom, which he needed to do every two hours due to another condition. He would also call out when he needed to be moved out of his wheel chair because he was unable to press the alarm button to obtain assistance," said Marshall.

Fellow visitors informed her that they were instructed by staff to ignore Frenchy when he cried out to go to the bathroom. "There were times where he was left in Depends for hours. One time, nursing home staff transferred Frenchy to the hospital and the physician there diagnosed Frenchy with class II pressure sores," she said.

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Local services improve the lives of area caregivers

More than 65.7 million unpaid family caregivers in the U.S. are faced with mental and physical stress that accompanies the challenge of balancing caregiving with outside work and family.

It's unfortunate that most people in this position place their needs behind those of others. While seemingly heroic, this mindset is often a recipe for disaster. Chronic stress without release can negatively impact the immune system, jeopardizing the well-being of the caregiver. But the good news for caregivers here in southeastern Michigan is that affordable services and strategies are available to make the life of a caregiver healthier and more manageable.

Research caregiving options

The Area Agency on Aging 1-B is a trusted, unbiased resource for family caregivers, older adults and adults with disabilities. When you call the AAA 1-B, specially trained resource specialists can access a computerized database listing over 5,000 senior services and more than 2,000 providers within southeast Michigan to connect caregivers with helpful programs and services. Call 800-852-7795 or visit online at www.aaa1b.com for detailed information.

Reach out and connect with other caregivers

It can be a great source of comfort to talk with fellow caregivers, share tips, stories and useful information. It's also an opportunity to feel understood and

supported in a compassionate environment.

There are online caregiving sites like www.strengthforcaring.com or www.aarp.org where you can join an online caregiver community or, for those who prefer to meet in person, contact the AAA 1-B to find support groups near you.

Consider an Adult Day Service program in your area

Oakland county resident Charlotte Miller knows the squeeze of the sandwich generation. For the past sixteen years she's been balancing care of her now 92 year old mother Alice, diagnosed with dementia, with care for her 18 year old son who has special needs. "Fortunately, I've had the help of my sisters Michele and Sharon," she said.

Instead of placing Alice in a facility full-time, Charlotte, Michele and Sharon purchased a home so they'd be able to share the responsibilities while living under one roof. Michele's passing in 2011 left Charlotte and Sharon to divide the tasks in half. Due to working full-time, the Millers needed to find someone to care for their mother during the day. They did a little research and found their way to Sheltering Arms Adult Day Service.

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Southfield, MI 48034

Local services improve the lives of area caregivers continued from page 1



Seated is Alice Miller surrounded by (left to right) daughter Charlotte, grandson Schuyler and daughter Sharon.

This specialized service, with locations in Auburn Hills and Southfield, is designed to serve older adults age 60+ that require supervision. A variety of activities are offered in a safe and secure environment with a staff/client ratio of 1:4. Open Monday through Friday from 7am to 6 pm; lunch, snacks, personal care, and light health monitoring by a staff RN is provided. Clients who live within a fifteen mile radius of Sheltering Arms can take

advantage of transportation services to and from the facility.

"Mom loves it there! They offer a wonderful well-rounded program that helps keep her active, connected, and comfortable," Charlotte said.

Sharon and Charlotte take their mom to Sheltering Arms on the way into work and pick her up on their way home. The Millers are billed for the amount of time Alice spends there plus the cost of a hot lunch.

"This is an affordable option and, best of all, Mom receives excellent care. It eases our minds to know that she's with people who are just as concerned about her as we are," said Charlotte. "Sheltering Arms has been a lifesaver for us."

For a list of adult day programs in your area, contact the Area Agency on Aging 1-B at 800-852-7795, or visit online at www.aaa1b.com.

Take a break from household tasks to recharge your energy

Interfaith Volunteer Caregivers (IVC) is a non-profit organization which offers older adults and those who are disabled assistance with errands, respite breaks for full-time family caregivers, transportation, minor home repair, house-keeping, supportive visits and phone calls. Each year, 500 to 600 screened volunteers work to keep those in need within the comfort of their own homes.

Macomb county resident Ruth Senopole is able to get relief with the help of IVC Volunteer Tammy Hooton. "She's wonderful! Even if I don't go anywhere and I need to relax, she's like an angel," exclaimed Ruth whose husband Joseph, 83, has Alzheimer's disease.

For more than 15 years, Ruth has cared for Joseph 24/7. "Oh my heavens, it was a long road trying to find help," said Ruth who learned of IVC from hospital staff when Joseph was a patient.

Hooton spends 8 hours a month with the Senopoles. "I see Tammy every other week on Thursdays, for four hours each visit and she always

offers to help out more than I expect," said Ruth. "She said to call anytime that I need groceries or medicine. But I don't want to abuse the situation. I'm grateful that Tammy's here faithfully every time she's scheduled."

There's no fee to receive IVC services, but donations are appreciated and are used to offset operation costs. According to IVC Executive Director Karyn Dombrowski Curro, "The needs in our community are increasing rapidly and we are doing all we can to be able to serve more and more of our frail, disabled and struggling neighbors, as well as their family caregivers. How many we can serve will depend largely on the number of new partners we can work with – from individual volunteers, to congregations, businesses, community groups and donors. We would love to hear from anyone interested in helping us expand our work throughout the area, so more families like the Senopoles can continue to get the essential support they need."

Speaking out against Elder Abuse continued from page 1

Marshall was unable to relocate Frenchy to another facility, due to his limited finances, so she went through all the proper channels to help him; starting with the aides, than moving up through the chain of command, beyond management, and ultimately to the police. Marshall documented everything.

"Frenchy was admitted to the hospital on February 2, 2012. The hospital physician discovered a urinary tract infection and a Vancomycin-resistant enterococci (VRE) infection," said Marshall.

Following treatment he was finally admitted to a different nursing home where he died on March 8, 2012. "The above conditions and negligence on the part of the first nursing home doctor and staff resulted in a deterioration of Frenchy's health, both physically and mentally while he endured terrible

suffering and pain," noted Marshall.

She filed a 23-page complaint letter with the Michigan Department of Licensing and Regulatory Affairs Bureau of Health Systems on behalf of Frenchy in May of 2012. Her case is still pending.

There were 100,000 cases of elder abuse reported in Michigan in 2012, categorized as physical abuse,



psychological abuse, domestic violence, financial abuse, neglect, sexual abuse or self-neglect. Due to Marshall's valiant efforts, Frenchy was one of those cases.

Marshall was just presented the 2013 "Courage to Speak" individual award by the SAVE (Serving Adults who are Vulnerable and/or Elderly) Task Force of Oakland county this past June. SAVE is a partnership between service agencies, businesses that serve senior citizens, law enforcement, and Oakland County Health and Human Services. Their mission is to prevent elder abuse by increasing awareness.

Another collaborative effort developed to stamp out elder abuse in Michigan is the No Excuse for Elder Abuse multi-media year-long awareness campaign funded by the Michigan Office of Services to the Aging and supported through the efforts of the Area Agency on Aging 1-B, Neighborhood Legal Services/Elder Law and Advocacy Center, Lakeshore Legal Aid, Catholic

Social Services of Washtenaw County and Oakland Family Services. Public service announcements that began March 27th will continue to create an awareness of the forms of elder abuse and signs to look for, along with an anonymous hotline to call if you're an older adult or know of an older adult who is being abused. That number is 855-444-3911.

Approximately one in ten older adults suffer elder abuse, but most fail to report it. Thanks to the No Excuse for Elder Abuse campaign, there was a 24.7% increase in calls originating from Macomb, Oakland and Wayne counties just four weeks into the campaign. "We have to speak up," said Marshall. "These are human beings that deserve to be cared for with dignity and respect."

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What qualifies as financial abuse?

Elder financial abuse came into the spotlight in 2011 when famed actor Mickey Rooney was granted court protection from stepson Christopher Aber, 53, and Christopher's wife Christina, 43. Rooney filed a case charging the couple with verbal, emotional and financial abuse. The Abers are alleged to have taken control of Rooney's finances, blocked access to his mail, and denied Rooney access to food and medicine by means of harassment, intimidation, and threats.

This exemplifies a more extreme case of financial abuse. Other types of financial exploitation can include

identity theft, power of attorney abuse and various scams. If you suspect financial or physical abuse, call the No Excuse For Elder Abuse hotline at 855-444-3911. To learn more to protect yourself from financial abuse, contact the AAA 1-B Call Center at 800-852-7795 and ask for a free copy of "Money Smart for Older Adults: Prevent Financial Exploitation." Published by the Federal Deposit Insurance Corporation (FDIC) and the Consumer Financial Protection Bureau, this 53-page guidebook identifies the different types of financial theft, gives sample scenarios, and offers useful information and tips.

ASK the expert



Smart Tips to Help Someone You Love Downsize

By Anne Sadler, Geriatric Care Manager

In planning for the future, seniors may decide to move to a smaller home or into one of the many independent and assisted living options available. However the vast majority will decide to stay in their own homes. For many, it is not long before the house that was once a source of comfort and pride becomes an overwhelming burden to maintain. Helping a parent or loved one to “right size” their living situation is a daunting task. Initiating a

conversation on the subject can be awkward and emotion filled. Here are some tips to help get started.

BE POSITIVE!

Focus on the positive. Point out the benefits of right sizing to free them up from worry, expense and the stress of home maintenance. Senior communities offer a much richer social life. Transportation, weather and low energy often interfere with a seniors remaining active. Point out that everything they need or desire will be “right outside their door” and they will not have to rely on others as much.

Another important point to stress is that by taking control of the situation now and taking their time they are in effect giving their children the gift of not having to be responsible for the task in the future. It keeps them in control and independent. If they wait until they are too sick or suffer a medical setback they may be forced into a move without much planning or involvement on their part.

EMBRACE THE EMOTIONS

The process of dismantling the home

you grew up in is emotional for everyone. So many memories come flooding back. When going through this with my own Mother I remember how my sister and I cried as we found the old flour sifter that was our grandmother’s and the “brownie” pan with all the knife marks in the bottom. On the positive side we laughed and joked as we reminisced about our childhood, our parents and all the good times that we had. Embrace the opportunity to reconnect with your family in a different way. Schedule some time when you will not be rushed, put on the coffee; bring cookies and a large box of tissue!

BABY STEPS

By planning ahead you have given yourself the time to break the process down into smaller steps.

1. Work with your parents to make a list of things that they wish to give to a family member. Some people are comfortable enough that they take pictures of items and who might want them at some time and that becomes an addendum to their will.
2. Decide on whether items will be stored for a future time or divided up now. Then decide on how the process will work and what the timetable is for having the items removed.

3. Go through the remainder of the house and label items to be donated, sold or disposed of.
4. Take your time. Do not rush the process if you can avoid it. There will be moments that the emotions become overwhelming for one or more family members. Taking a break from the process is always the best course of action.

Start the conversation early. If your parents are doing well start talking now before the need is imminent. It will reduce stress and give you peace of mind when the time comes that you at least have some idea of what they want to happen and how it might be achieved. A Geriatric Care Manager, your family physician, estate sale professionals or the family attorney are all resources that can provide guidance and support as you travel this journey with your loved ones.

Anne Sadler N.H.A. is a Geriatric Care Manager and owner of Smart Senior Services. She has 29 years of experience guiding seniors and their families through every step of the caring process. She volunteers for the Alzheimer’s Association and facilitates support groups twice a month. You can reach her at 586-770-7491 or email her at Anne@SmartSeniorServices.com for a free consultation.

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What do you want to do today?

Start creating your own moments to cherish for a lifetime. Call one of our communities today to make reservations for a delicious lunch on us.

Genesee County	Oakland County	Washtenaw County
Grand Blanc (810) 936-4572	Elmwood (248) 666-2307	Carpenter (734) 385-4186
North (810) 936-4571	Farmington Hills (248) 438-5379	
Macomb County	Hazel Park (248) 430-7951	Wayne County
East I (586) 838-2495	Millford (248) 507-4814	Dearborn Heights (313) 915-4235
East II (586) 838-1013	Oakland (248) 236-5088	Livonia (734) 629-4697
Lakeside (586) 439-5838	Royal Oak (248) 556-3047	Riverview (734) 441-3638
Sterling Heights (586) 580-4854	Southfield (248) 419-4149	Southgate (734) 720-0985
Sterling Meadows (586) 580-8777	Storrie (248) 237-3913	Southland (734) 984-4167
Sterling Woods (586) 480-1388	The Village (248) 686-2526	Westland Hunter (734) 403-4313
	Troy (248) 566-6082	Westland Joy (734) 367-4861
Northern Michigan	West Bloomfield (248) 438-5526	Westland Venoy (734) 403-4540
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Petoskey (231) 753-3038	Signature Communities	
	Park Place (586) 447-7603	
	Regent Street (248) 683-1010	

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The Caregiver Expo



An Educational Event Dedicated to Supporting Family Caregivers

Saturday, October 12, 2013

9:00 a.m. - 2:00 p.m.

Suburban Collection Showplace
Novi, Michigan

Who are Family Caregivers?

Family Caregivers are family members or friends (typically unpaid) who assist an aging or disabled parent, relative, neighbor or friend a few hours a week or 24 hours a day. Family caregivers may schedule and drive the person they care for to medical appointments, make their meals, clean their home, do laundry, grocery shop, bath and dress their loved one, manage finances and legal issues, arrange their activities, coordinate their health care providers, make home improvements, supervise, advocate, advise, and so much more.

Why attend the Caregiver Expo?

The Caregiver Expo is a free event that brings experts, businesses and nonprofit organizations together under one roof, for one day to help you. By attending the Caregiver Expo, you will have the opportunity to connect with other caregivers, and to learn about the resources and services available to help you make decisions, improve your own health and wellbeing, and gain new ideas and perspective.

What happens at the Caregiver Expo?

- Guests can attend educational seminars on 12 different topics (see titles and schedule on next page)
- Visit with more than 120 exhibitors specializing in products and services to assist caregivers
- Sit down with an AAA 1-B Resource Specialist or with a Medicare/Medicaid Assistance Program Counselor to get answers to your questions or referrals to local services
- Win great prizes and giveaways
- Enjoy complimentary refreshments in the morning and cash and carry snacks in the afternoon

Is Respite Care Provided On-Site?

For caregivers who are concerned about leaving a loved one at home alone while they attend the expo, they can rest assured that professional, complimentary respite care will be available for their loved one all day on-site. Guests can make a reservation in advance to leave their loved one in the care of qualified professionals from the Alzheimer's Association – Greater Michigan Chapter and Interfaith Volunteer Caregivers. Participants enjoy refreshments and engage in activities such as singing, games, crafts, and social interaction. Respite Care is FREE. Due to limited space, reservations must be made by October 4, 2013. Respite care is strictly for adults. To make a reservation, call the AAA 1-B at 1-800-852-7795.

Do I need to pre-register to attend the Caregiver Expo?

No, you do not need to pre-register in order to attend the expo. General event registration will take place at the door on October 12, 2013.

For more information, visit michigancaregiverexpo.com, call 800.852.7795, or e-mail sjustice@aaa1b.com.

The AAA 1-B would like to thank the generous sponsors of the Caregiver Expo who make the event possible:

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Christopher J. Berry, Certified Elder Law Attorney
Priority Health

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2013 Caregiver Expo Presentation Schedule

Guests can choose to attend any of the following presentations offered at the Caregiver Expo on October 12, 2013.



home owner's needs, wants and wishes. The team will discuss modifications that can be made to your home, or your loved ones' home to insure it is a friendly and safe environment at any age. You will learn the "aging in place" and "universal design" concepts and how they are changing the way builders design and renovate homes today.

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

"Delirium and Dementia Demystified"

Dr. Gardi Vidholia, MD, Geriatrician
Henry Ford Medical Group

The diagnoses of Delirium and Dementia can be a challenging journey for the person diagnosed and their family members. Dr. Vidholia will cover the epidemiology, clinical presentation, differential diagnosis, treatment and recent advances in the management of these conditions. The more medical information you have, the better you can navigate the demanding road ahead and determine the best long-term care options for you and your loved one.

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

"Keeping the Keys"

Jack Peet, AAA Traffic Safety Manager
AAA – The Auto Club Group

Dedicated to helping seniors continue to drive as long and as safely as possible, this presentation by AAA – The Auto Club Group is designed to help seniors and caregivers recognize the changes that aging brings, how those changes affect driving, and how to adjust.

"10 Important Things to Know About Medicare"

Karen Wintringham, Vice President, Medicare Programs
HAP Medicare Solutions

The most important misunderstandings about Medicare and plan options available to Medicare beneficiaries are explained in this session, including understanding the impact of Health Reform and the new Health Exchanges on Medicare. We'll remove the confusion, share some resources to help support your decisions and meet your needs, and make sure the critical deadlines are clear.

"Paying for Long Term Care - Medicaid and VA Benefits"

Christopher J. Berry, JD
Certified Elder Law Attorney

VA Accredited, Certified Elder Law Attorney, and Adjunct Law Professor, Christopher J. Berry will explain the different paths to paying for long-term care costs focusing on Medicaid and VA benefits. Both governmental programs can be complicated and confusing. He will provide nuts and bolts guidance on both, and include mistakes to avoid.

"Home Modifications That Can Help You Age In Place Safely"

Bob Johnson, Owner, *Johnson Building Company* and Christopher and David Compo, Co-Owners
Compo Builders

These Certified Aging in Place Specialist (CAPS) builders will explain what CAPS means and the benefits of hiring a CAPS builder to assess and prioritize a

"Navigating Long Term Care Options"

Marie Baloga, Acting Director, Community Care Services
Area Agency on Aging 1-B

Understanding where to turn to access the services your loved may need to live at home can be overwhelming. Marie will explore options available to caregivers and how to access services, such as respite care, home delivered meals, care management, personal care, homemaking, support groups, transportation, and more.

"Scams, Swindles and Where to Turn When You Suspect Elder Abuse"

The Honorable Judge Derek Meinecke
44th District Court, Royal Oak and Susan Peters, Attorney General Bill Schuette's Office
The Senior Brigade Program

Seniors are often the targets of unscrupulous scam artists. Susan will provide valuable information to help you protect yourself and your loved ones by explaining what these scams are, how they work, and what you can do to avoid them. Judge Meinecke will share information about Oakland County's Special Victims Unit, S.A.V.E., and the statewide No Excuse for Elder Abuse campaign.

"I Thought I Was Alone! - How and Why A Support Group Helps"

Bob Swartz, Caregiver, Support Group Leader
Significant Others Support Group

Bob and other caregivers from the Significant Others Support Group (SOSG) will share their own experiences and explain the numerous benefits from participating in a caregiver support group. Whether it be to relieve stress, prevent isolation, get support from others, share information, or gain friendships, caregivers choose to join for various reasons and often reap unexpected rewards. Bob and the group will demonstrate a mini support group session and explain how to find a group near you.



"Age Friendly And Fun Exercise Can Be A Part of Your Daily Routine"

Rose Cook, Senior Medicare Consultant
SilverSneakers Fitness Program
Blue Cross Blue Shield of Michigan

Do you struggle to find time to exercise? Are you concerned that the person you care for isn't getting enough physical activity? Join fitness leaders from the award winning SilverSneakers Fitness Program to learn fun, energizing and safe exercises that you can easily do at home and share with the person you care for. In this presentation, you will learn how to achieve greater independence and a healthier life by incorporating physical activity and social interaction into your daily routine.

"Managing Chronic Illness"

Mary Cooley, Director of Care Management for the Medicare Market
Priority Health

Chronic illness has emerged as a major health concern for Americans in recent decades. Living with a chronic disease can potentially limit a person's functional abilities, productivity, and quality of life. This presentation will guide you in living well with chronic illness.

"Legal Tips for Caregivers"

Jim Schuster, JD
Certified Elder Law Attorney

This lively Q&A session will cover legal information caregivers need to know. Jim Schuster will share his extensive knowledge on caregiver contracts, powers of attorney, wills and living trusts, Veterans Aid and Attendance benefit, Medicaid, asset protection, alternatives to nursing home care, and more. Learn how to be an empowered advocate for the person you care for!

"Art Enrichment Programs for the Person With Dementia"

Jean Barnas, Program Coordinator
Alzheimer's Association – Greater Michigan Chapter and Carolyn Rose Stone, Dementia Specialist
Silver Club Adult Day Service Program

These experts will discuss the impact enriching music and art activities offered at Adult Day Service Programs have on the person with dementia, and a unique program incorporating art at the DIA for persons with dementia and their caregivers. Learn details about each program, including locations, hours, costs, services, and the benefits for both the care recipient and the caregiver.

Please note presentations are offered to guests on a first come, first served basis. Presentations will close once the presentation room is filled to capacity. We recommend arriving early to insure a spot in the presentation room.



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OAKLAND COUNTY MICHIGAN'S
**MEDICAL
MAIN STREET**
THE ROAD TO INNOVATION

Oakland County, Michigan's **Medical Main Street** is bringing innovation to health care, life science research and medical devices for seniors right here in southeast Michigan. Launched in 2008 by County Executive L. Brooks Patterson, it is helping medical device companies bring their products to market faster by navigating the FDA approval process, supporting clinical trials, and optimizing site location and financing options.

"This means our seniors have access to the latest developments in the treatment of a number of ailments right in their own backyard," Patterson said.

For instance, Troy-based CJPS Medical developed a home monitoring device to track glucose levels, blood pressure and other vital signs. The patient's physician can monitor the data via wireless technology. Critical Signal Technologies in Farmington Hills created a programmable pill dispensing device to help seniors live more independently. And Oxus America, a Rochester Hills company, manufactured a portable oxygen concentrator. Those on oxygen can now use this portable device that takes air and turns it into pure oxygen - no more worrying about running out of oxygen.

"There are countless other medical technologies being developed here as part of **Medical Main Street**, which is the largest emerging sector in Oakland County," Patterson said. "It accounts for more than 100,000 jobs in the county - that's more than the Cleveland and Mayo clinics combined."

Other recent **Medical Main Street** leading-edge advances include: Advanced Bio-Implant invented a polyurethane material for



joint replacement that allows patients to heal more quickly; Sentio LLC developed a nerve-mapping device which allows for noninvasive spinal surgery; and CureLauncher.com has launched an online research community so patients can connect with researchers working on the latest advances for their ailment.

Medical Main Street is a unique alliance of world-class hospitals, universities, medical device and bio-pharmaceutical companies creating a global center of innovation in health care, research & development, education and commercialization in the life sciences industry. Since its inception in 2008, **Medical Main Street** companies have invested more than \$840 million dollars invested in Oakland County creating over 4,000 jobs. For more information, go to www.medicalmainstreet.org.



Oakland County and Clawson Seeking Senior Input to Help Plan Age-Friendly "Main Street" Project

Oakland County and Clawson are encouraging Clawson residents age 60 and over or the caregiver of a person at least age 60 to participate in a focus group that could ultimately lead to a more age-friendly downtown.

Age-Friendly Main Street, not to be confused with Medical Main Street, is a joint effort that seeks to determine whether the features of downtown Clawson support or hinder aging and living successfully in the community. The project, which is expected to last 18 months, will gather input from the focus group with the ultimate goal of improving quality of life for older Clawson residents and enhance the vitality of the downtown area.

Message from L. Brooks Patterson, Oakland County Executive



OAKLAND COUNTY MICHIGAN
L. Brooks Patterson

Oakland County is a premier golf destination. We have 76 golf courses - the most of any county in Michigan - 60 of which are public. We also are the home to 104 PGA-certified golf instructors.

World-renowned PGA golf instructor and course designer Rick Smith recently opened his golf academy on the campus of Oakland University in Rochester Hills by the R&S Sharf Golf Course. It's one of only six locations in North America where his outstanding instructors will teach golfers of all skill levels to raise their game.

Oakland County Parks & Recreation boasts of five public golf courses: Glen Oaks in Farmington Hills; Lyon Oaks in Lyon Township; Red Oaks in Madison Heights; Springfield Oaks in Davisburg; and White Lake Oaks in White Lake Township. Prices are very reasonable and the scenery is beautiful. It also hosts golf leagues. To learn more about what Parks & Recreation has to offer, go to www.DestinationOakland.com.

If you've read my column before, you know that I am a strong proponent of living an active and healthy lifestyle. Golf is a game with many benefits. Playing the sport on a regular basis can help you improve heart health, muscle tone and physical endurance, and lose weight and burn body fat. I invite you to experience one of Oakland County's golf courses.

"The key to improving the quality of life for seniors in Oakland County is supporting active and healthy lifestyles," County Executive L. Brooks Patterson said. "This study will serve as a model for other communities who want to enable their seniors to be part of their downtowns."

The project is sponsored by the Clawson Downtown Development Authority, the Clawson Senior Center, the Area Agency on Aging 1-B, Main Street Oakland County and the Quality of Life Committee of the Oakland County Business Roundtable.

**Interested in joining?
Call (248) 589-0334**

Having the “Safe Driving” Conversation With An Aging Loved One

By Jack Peet, AAA – The Auto Club Group

Initiating a conversation about safe driving with an older adult, especially a parent, is challenging for most people. Concerns about offending or alienating an older driver are normal. There is no simple or easy way to address the subject, but if you want to help preserve the older driver's personal freedom and mobility, while ensuring safety on the road, there are steps you can take.



Jack Peet

- **Communicate openly and respectfully.** Nobody wants to be called a dangerous driver, so avoid making generalizations about aging drivers or jumping to conclusions about their skills or abilities behind the wheel. Be positive, be supportive and focus on ways to help keep them safely on the go.
- **Avoid an intervention.** Keep the discussion between you and the older adult you want to assist. Inviting the whole family to the conversation will alienate and possibly anger the person you're trying to help.
- **Make privacy a priority.** Always ask for permission to speak with a driver's physician, friends or neighbors about the driver's behavior behind the wheel.
- **Never make assumptions.** Focus on the facts available to you, such as a medical condition or medication regimen that might make driving unsafe. This discussion is about helping and working together.

AAA is interested in helping senior drivers remain driving as long as they can safely do so. Their new senior driving website, found at SeniorDriving.AAA.com, contains a wealth of sources and information. We've developed educational presentations like “Keeping The Keys” to help seniors and their caregivers learn to recognize and understand the changes that occur naturally as we age. The first step is to understand how and why the changes that come with aging affect driving. The next step is to decide on a course of action to adjust for these changes,

so the senior can still drive safely for as long as possible.

Family members should stay involved to help aging loved ones with issues related to their driving. Seniors can assure their safety behind the wheel by self-regulating, avoiding high stress – high risk driving situations, staying active and seeking out learning opportunities. Remember driver education? It's never too late to learn. The more we know and understand the aging process and how it affects us and our ability to do certain things, like driving, the safer we'll be behind the wheel.

AAA – The Auto Club Group's Traffic Safety Manager Jack Peet will be a featured presenter on “Keeping The Keys” at the Caregiver Expo on Saturday, October 12, 2013 at the Suburban Collection Showplace in Novi. For more information about the Caregiver Expo, see pages 4 & 5 in this issue, or visit www.michigancaregiverexpo.com.

myride2

Connecting Seniors & Adults with Disabilities to Rides
In Oakland, Macomb & Western Wayne Counties

myride2 is a service that helps seniors and adults with disabilities find transportation options with just one phone call or mouse click. Mobility Specialists will work with you and local transportation providers to find the best options for you.

Call us toll-free at **855-myride2** (855-697-4332)
Or visit us online at www.myride2.com

PAID ADVERTISEMENTS

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 six radio partner stations. 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. Contact Bill Hayes at 248-644-1990.

Many thanks to our recent sponsors who have helped bring you “Living Well”



MMAP, Inc.
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Jim Schuster
Certified Elder Law Attorney

Listen for “Living Well.” on these stations:



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Now is a Good Time to Review Your Medicare Plan

Medicare's "Coordinated Election Period" or "Open Enrollment Period" starts on Tuesday, October 15th and continues through Saturday, December 7, 2013. During this time, Medicare beneficiaries can:

- Enroll in a Medicare Part D Prescription Drug Plan
- Switch Medicare Part D Prescription Drug plans
- Change from original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to original Medicare
- Switch Medicare Advantage 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. There are 30 some Medicare Part D plans being offered in Michigan for coverage 2014. If you enroll in a plan, or switch to a different plan during open enrollment period (between October 15 and December 7) your new plan will take effect January 1, 2014. Your current plan should send you an "Annual Notice of Change" by

September 30, 2013, which outlines any changes to your current plan for next year. It is important to review your Part D coverage every year because premiums, co-payments or the drugs covered can change from year-to-year, even within the same plan. If you are not happy with any of the changes to your current plan, you may choose to look at other Medicare Part D plan options.

The Area Agency on Aging 1-B's (AAA 1-B) Medicare and Medicaid Assistance Program (MMAP) will be offering help with plans and choices throughout the election period. You can get help from a trained MMAP counselor by calling the MMAP 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 MMAP counselor or volunteer to compare plans and choices. Check the aaa1b.com website for Assistance Days dates and details or call the MMAP Assistance Line at 800-803-7174 for more info on scheduled dates.

Looking For Medicare Counselors

The Michigan Medicare Medicaid Assistance Program (MMAP) is looking for volunteers to help Medicare beneficiaries. MMAP counselors are trained to help answer questions on Medicare and can help research their insurance options. If you like a challenge, then this opportunity might be just what you are looking for. The time commitment is a minimum of one year and an average of 12 hours per month. For more information, call Melodie Valvano, MMAP site coordinator, at 248-262-9208.

Calendar of Events

Grandparents Day and Senior Month Activities

Michigan Science Center
5020 John R Street
Detroit, MI 48202

Sunday, September 8, 2013
(Grandparents Day)

September 7-October 6, 2013
(Senior Month)

Find out more about the family fun activities planned for grandparents, grandkids and seniors throughout the month of September. Call 313-577-8400, Option 5 or visit www.mi-sci.org.

Cooking Classes and Physician Lectures

Henry Ford West Bloomfield Hospital
677 West Maple Road
West Bloomfield, MI 48322

Cooking Classes - \$15 per person per class

Monday, September 16 – Low sodium, low cholesterol recipes

Monday, September 23 – High calcium, high iron recipes

Monday, September 30 – Single portion meals and reusable foods

Free Physician Lectures

"Preventing Falls: A Call for Safety"
Tuesday, September 17, 1:00-2:00 p.m.

"Pain Management"
Friday, September 20, 2:00-3:00 p.m.

"The Friendly Pharmacy"
Monday, September 23, 2:00-3:00 p.m.

Registration is required for all classes/ events. Call 248-325-3890, or email dk@hfhs.org.

Free Financial Seminars

Tuesday, October 1, 2013
10:00 a.m.-12:00 p.m.
Walsh College Novi campus
41500 Gardenbrook Rd, Novi and



Mission

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



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

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Tuesday, October 15, 2013
10:00 a.m.-12:00 p.m.
Walsh College Troy campus
3838 Livernois, Troy

Walsh College presents an unbiased public financial seminar sponsored by the Oakland County Senior Advisory Council. The seminar is free and targeted for the older adult population and their families, providing information without the pressures from commercial financial institutions. Seating is limited. Reservations can be made by calling 248-858-4902 or visit www.oakgov.com/seniors to register online.

St. Clair County Senior Power Day

Council on Aging Inc., serving St. Clair County
600 Grand River Avenue
Port Huron, MI
Wednesday, October 23, 2013
10:00 a.m.-2:00 p.m.

Screenings, testing, flu shots, local business exhibits, brunch, door prizes and more! For more information call 810-987-8811.

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- Alzheimer's Planning
- Medicaid Planning

For more information:

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CHRISTOPHER J. BERRY
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