



Older Americans Month

May is Older Americans Month. The theme this year is “*Safe Today. Healthy Tomorrow.*” Special attention will be paid this year on how individuals and communities can work together to prevent falls among seniors. To learn more about Older Americans Month, please visit: www.ncoa.org

Did you know...

- ...each year, one in three Americans aged 65 and older falls?
- ...every 29 minutes, an older adult dies from a fall?
- ...every 15 seconds an older adult is treated in an emergency department for a fall-related injury?
- ...the nation spends more than \$30 billion annually on direct medical costs arising from elder falls?

This year the U.S. Senate Appropriations Committee is recommending \$10 million for elder fall prevention from the Prevention and Public Health Fund (PPHF).

PPHF funds would be used in part to invest in cost effective evidence-based fall prevention programs such as, Tai Chi, Stepping On, and the Otago Exercise program.

These programs have reduced falls in randomized controlled trials at rates of 55%, 30% and 35% respectively when delivered to adults 80 years of age and older. Additionally these programs are cost effective as shown in the 2013 Center for Medicare and Medicaid Services Evaluation of Community-Based Wellness and Prevention Programs. For instance, the Matter of Balance fall prevention program was associated with a \$938 annual decrease in medical costs per participant.

The Falls Free Coalition urges, “we can no longer afford to spend over \$30 billion to treat the results of falls when evidence-based programs have been designed to prevent them.” Please consider calling or writing your U.S. Senator and Representative to request an allocation of \$10 million for elder fall prevention in FY 2015. See page 2 for a listing of Federal Legislators with their contact information.

The Area Agency on Aging 1-B offers fall prevention classes. The “A Matter of Balance” program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. For information on this class and others, please contact Kristin Wilson at 248-262-9226 or at kwilson@aaa1b.com.

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We Need You: Trainers for Health & Wellness Programs

The Area Agency on Aging 1-B provides a variety of health and wellness training programs and is seeking volunteer trainers.

These programs, known as “evidence-based” trainings, have been subject to rigorous study and are proven to be effective. They have also been shown to be valuable to older adult learners because they are peer-led.

If you’re a teacher at heart, have a passion for health and wellness, and love spending time with older adults, please consider joining our team.

You will be provided with all the tools you need: a Train-the-Trainer course, supplies, and a class of eager participants. The Area Agency on Aging 1-B will coordinate the classes to fit your schedule, as many or few as you wish. Of course there is no cost to you.

For more information, please contact Kristin Wilson, Program Manager for Nutrition and Wellness Services at (248) 262-9226 or by e-mail at:

kwilson@aaa1b.com.

Also, check out our training programs on the AAA 1-B website, at <http://www.aaa1b.org/programs-services/healthandwellness-2/>

Senators
Carl Levin (D-Detroit) 269 Russell Senate Office Bldg. Washington, DC 20510 (202) 224-6221
Debbie Stabenow (D-Lansing) 133 Hart Senate Office Bldg. Washington, DC 20510 (202) 224-4822

County	Representative
Livingston	Mike Rogers (R-District 8) 2112 Rayburn House Washington DC, 20515 (202) 225-4872
Macomb	Candice Miller (R-District 10) 320 Cannon House Washington, DC 20515 (202) 225-2106 Sander Levin (D-District 9) 1236 Longworth House Washington, DC 20515 (202) 226-1033
Monroe	Tim Walberg (R- District 7) 2436 Rayburn House Washington, DC. 20515 (202) 225-6276
Oakland	Mike Rogers (R-District 8) See Livingston County for Info. Sander Levin (D-District 9) See Macomb County for Info. Gary Peters (D-District 11) 1609 Longworth House Washington, DC 20515 (202) 225-5802 Kerry Bentivolio (R-District 14) 226 Cannon House Washington, DC 20515 (202) 225-8171
St. Clair	Candice Miller (R- District 10) See Macomb County for Info.
Washtenaw	John Dingell (D- District 12) 2328 Rayburn House Washington, DC 20515 (202) 225-4071 Tim Walberg (R-District 7) See Monroe County for Info.

Federal Elder Abuse Prevention Funding

According to the National Council on Aging:

- 1 in 10 Americans age 60+ have experienced some form of elder abuse including physical abuse, emotional abuse, sexual abuse, exploitation, neglect or abandonment
- Each year there are as many as 5 million elder abuse victims in America
- For every one case of elder abuse reported, 24 cases go unreported
- The annual cost of elder financial abuse and exploitation is estimated at nearly \$3 billion, and the direct medical costs associated with elder abuse exceed \$5 billion

NO EXCUSE
FOR Elder Abuse

The Obama Administration has requested \$25 million for the Elder Justice Initiative to invest in Adult Protective Services (APS) who investigate and intervene in instances of vulnerable adult abuse and for research to create a stronger knowledge base about abuse, neglect and exploitation against elders.

As the National Council on Aging points out, the Elder Justice Act was signed into law over 4 years ago; however Congress has yet to appropriate funding for this act. The Elder Justice Act seeks to “prevent, detect, treat, understand, intervene in and, where appropriate, prosecute elder abuse, neglect and exploitation.”

You can join the National Council on Aging, (NCOA) and the National Center on Elder Abuse (NECA) in urging legislators to support the Administration’s request for \$25 million federal investment in better understanding, and preventing abuse against elders. Consider calling or writing your U.S. congressperson to share your opinions regarding greater support to prevent Elder Abuse. There is No Excuse for Elder Abuse. See page 2 for regional legislator contact information.

Silver Key Coalition Update

In late April, the Michigan Legislature moved one step closer to making Michigan a No Wait State for senior in-home services. Both the State Senate and House Appropriations committees have passed budgets containing a \$5 million increase for in-home services through the Office of Services to the Aging. The budgets also includes increased funding for the MI Choice program and the Program for the All-Inclusive Care of the Elderly (PACE). These funding proposals now move to the full House and Senate for votes on their respective bills. For more information on the Silver Key Coalition visit, www.silverkeycoalition.com.



Older Michiganians Day 2014

Tuesday June 3, 2014 marks the Older Michigan's Day Rally on the East Lawn of the State Capitol building in Lansing. The rally provides Michigan's seniors, legislators, advocates and allies with the opportunity to come together in solidarity and support of issues key to enabling positive aging and quality of life.

Michigan's 60+ population is increasing by 135 residents every day! This year's theme continued from 2013 is, "Healthy Aging, Healthy Michigan" recognizing the importance of access to high quality long term supports and service options which are essential to lowering health care costs for all, and improving quality of life.

Ticket information: Though this event is free and the public is welcome to attend, tickets providing a complimentary lunch are limited and available through the Area Agency on Aging 1-B. In addition to a lunch ticket, the Area Agency on Aging 1-B will assist with arranging meetings with you and your legislators during the rally.

Tickets are going fast and can be reserved by phone at 248-262-1282 or by email at rcowmeadow@aaa1b.com. If you are able to meet with your legislator please reserve your tickets ASAP so we can arrange the meeting.

More information and this year's advocacy platform can be found at: www.oldermichiganiansday.com.

Special thanks are in order for the generosity of the sponsors, Consumers Energy, Health Alliance Plan, Blue Cross Blue Shield of Michigan, United Health Care, Michigan Association of Nutrition and Aging Service Providers and the Arthritis Foundation, without whom, this day would not be possible.



The Area Agency on Aging 1-B (AAA 1-B) is a nonprofit agency serving the needs of older adults in Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw counties.

Contact Ryan Cowmeadow, (248) 262-1282 or by e-mail at rcowmeadow@aaa1b.com to join the Senior Advocacy Network or receive copies of AAA 1-B reports referenced in The Advocate.