

# ACCESS

Finding employment  
in 2014

Pages 4 & 5



## Your Link To Community Resources

Vol. 16, No.1

A Publication of The Area Agency on Aging 1-B

Spring 2014

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

### Defying the odds through resilience in a changing world

Born in Indianapolis, Indiana in 1943 during WWII, Edward Jerome Williams had two near death experiences and suffered the loss of his father, who was killed by a gunshot, before he was eight years old. At age four, Williams was shot in the thigh by a stray bullet while riding his bike at home. Removing the slug would have left Williams crippled. To this day, it remains there; a reminder of his resilience.



Edward Jerome Williams

Two years later, Williams was hit by a car and suffered a closed head injury, requiring two years of rehabilitation, setting him back academically. It took Williams many more years to fight his way back in order to rejoin his peers.

The guardian angel in Williams' childhood was his grandmother. She enrolled Williams into Catholic grade school and later into college without Williams having to apply. He was first in his family to advance to college. He graduated from Ball State University with a Bachelor's degree in Earth Science.

In 1967, at age 24, Williams was drafted into the army. "When I got to Fort Leonard Wood, MO, the doctor who conducted my physical was stunned that I was deemed fit for service, due to the condition of my knees from my rough childhood and injuries from high school sports." Given a choice of going

to Vietnam as a clerk or continuing on to officer candidate school, Williams chose the latter.

Though he trained as an officer in field artillery and as a first lieutenant, Williams was selected for an infantry leadership assignment in Vietnam. "I knew nothing about the infantry and had to learn by doing as I hit the ground running," he said.

Within his first six weeks of battle, Williams earned the Combat Infantryman's Badge (CIB). "It's a hard-earned award I'm most proud of because it's awarded to infantry soldiers in close combat who search out and destroy the enemy."

In less than a year's time in Vietnam, Williams was promoted to captain and was looking forward to a second tour in Vietnam. He elected to remain in the

*continued on page 2*

### Creative programs have healing benefits for people with cognitive and physical disabilities

*Jack Friedman always had a passion for the arts. He was an architect who designed many existing buildings around Oakland County and taught architectural design at Lawrence Technological University in Southfield. So when he was diagnosed with Alzheimer's disease in 2010, it was difficult for family to watch his fervor for the arts wane as the disease and depression settled in.*

Friedman's daughter Karol learned of a free six-week art program offered at the Detroit Institute of Arts for people in the early to mid-stages of Alzheimer's disease or dementia. "We decided to give it a try," said Karol. "While architecture was a way for dad to make a living, art was what he always wanted to do."

Minds on Art (MoA) provides a safe, inspiring environment for artists and non-artists alike to explore hands-on art projects and participate in gallery discussions led by experienced DIA staff and volunteers.

Karol noticed a difference following the first session. "It lifted dad out of the doldrums and we watched him truly blossom as a result of his participation." She added, "MoA is stimulating and structured enough to allow caregiver and participant to have their own experience – together."

Across town in Rochester, Dr. Dale Propson, 67, attends art classes three times a week at Paint a Miracle, a non-profit art studio he and wife Annie



Dr. Dale Propson

founded in 2002 for people with disabilities. In 1985, Dale was hit by a drunk driver and sustained a traumatic brain injury that left him with cognitive issues and near blindness.

*continued on page 2*

### Inside This Issue

Ask the Expert .....3

Programs, Customized to Meet Needs of Mature Workers .....4 & 5

Oakland County Senior News .....6

AAA 1-B Partners With Trusted In-Home Care Providers .....7

Help with Prescription Drug Costs ....8

NON-PROFIT  
U.S. POSTAGE  
PAID  
SOUTHFIELD, MI  
PERMIT #90

Area Agency on Aging 1-B  
29100 Northwestern Hwy., Suite 400  
Southfield, MI 48034

## How one man defied the odds

military for another 5 and a half years where he earned his Master's degree in System Management from the University of Southern California. During this same time, he and his wife Theodora welcomed their two children, Edward Jr. and Elle, into the world.

Williams utilized his masters to obtain corporate jobs throughout the next 34 years. Then in 2008, at age 65, the global financial crisis hit, producing shock-waves that impacted the Motor City hard and dismantled businesses throughout Michigan. As a result, Williams was outsourced from his job as training manager/project training lead for Delphi Corporation in Troy, Michigan. The details of this experience are documented on the website, "Over Fifty and Out of Work," part of a multi-

media project dedicated to those who lost their jobs during the Great Recession and its' aftermath. The impact this had on the lives of 100 people across America can be viewed online at [www.overfiftyandoutofwork.com](http://www.overfiftyandoutofwork.com).

In the online segment, Williams explained, "At this point in my life, I'm not ready to retire and hang up my spurs. I want to continue to do something I enjoy that also pays me." So he accepted projects on a contractual basis, a move that gave him more flexibility. "I liked the short assignments of a year or less. It was great and the money was good." This also gave Williams an opportunity to plug his hard-earned experience into causes where his training could be a force for change.

*continued from page 1*

He mentioned that monthly V.A. disability benefits (granted in 2000 from combat injuries incurred in Vietnam), coupled with his wife's income as a college professor helped the couple maintain financial stability.

His last project was contracted through Tech Town, an organization that utilizes the services of entrepreneurs, investors, mentors, service providers and corporate partners to develop 'an internationally recognized entrepreneurial village in the city of Detroit'.

His first assignment was to bring the Detroit Fire Department up to speed technologically. This was followed by a second assignment managing an information technology (IT) project for the city of Detroit. "Their outdated COBOL application in this day and age

was surprising to me." He mentioned that the project was frustrating. "A lot of people working for the city grew up in the system and looked at me as an outsider." He wanted to stay on, to guide the process in selecting a city income tax application that could handle the volume and complexity of the city's income tax requirements. But his consulting contract ended in September of 2011.

Williams officially retired at age 71 to explore other outside interests. He's fueling his love for astronomy through college classes on the subject with a particular goal in mind. "I'd still like to do teaching; volunteering for Detroit Public Schools or Catholic schools in the area," he said. "It's at the top of my list."

## Creative programs have healing benefits

When the magnitude of the loss settled in, Dale fell into a deep depression. "He had to give up his practice as a children's dentist and couldn't find an outlet to successfully fill the void," said Annie. She and her four children tried everything to lift Dale's spirits. But it wasn't until Dale visited an art studio of a local painter, Helen Cuniff, that Dale arrived at a turning point.

Annie recalled, "Dale told Helen that he couldn't paint because he

couldn't see. But she explained that images travel from the brain to the heart and are released through the hand." He didn't need his sight to "see." And with that, the artist within Dale was set free.

In 2002, the Propson family opened a non-profit art studio for the disabled named Paint a Miracle, in memory of Cuniff, who passed away in 2000. Annie said, "We patterned it after Helen's creativity and love."

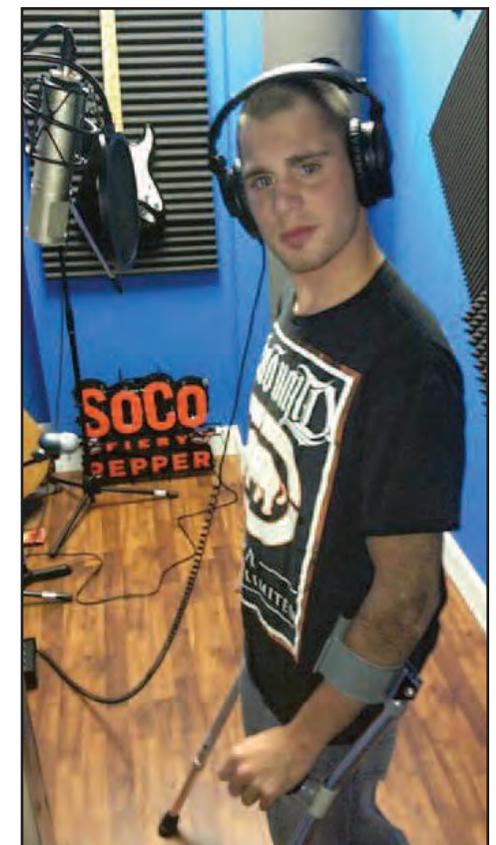
Paint a Miracle serves all who are disabled, from those who suffer from depression to others who are quadriplegics. A full class of eight people is taught by one instructor with two trained assistants. Annie said, "It's a place of hope, where people come together to focus on their ability, not their disability."

Danny Kassab was one of Paint a Miracle's many participants. Back in 1993, when Danny was seven, he was hit by a car while running across the street on his way to church. For the next 16 years, Danny lived as a quadriplegic, dependent on a ventilator.

Older brother Ziad took Danny to Paint a Miracle in an effort to enrich his brother's life. The positive effect this had on Danny inspired Ziad. Danny was always into singing. Why not open a music therapy studio for the disabled?

So Danny's Miracle Angel Network, better known as D-Man, came to fruition. It's the first music therapy studio of its kind. Through the use of sensors and special technology, original music is recorded and produced without the use of hands or feet for those who have severe mental, physical, emotional, and cognitive impairment as well as quadriplegia. Music therapists and audio engineers work with clients to achieve clinical goals.

Macomb county resident Jesse Sparkman, 19, has cerebral palsy and found D-Man last August. "I've been into music for as long as I can remember," Sparkman said. He's unable to read or write, but has been into rapping ever since he was three years old. "I love being at D-Man! They're all motivational people. Everybody in the studio has a talent and we all bounce creatively off each other."



*Jesse Sparkman*

His mom, Kerri, takes him to the studio and is impressed with the results. "Through music therapy, I've noticed that Jesse's vocabulary has expanded. This form of therapy is a real positive thing for people."

Jesse's passion is to rap about his disability. "I call it handicapped hip hop. It's going to be a brand new thing in the hip hop game," he said. "We're going to start one big movement and people are going to want to hear what we have to say."

If you would like more information on D-Man Music Studio, call 248-267-0229 or visit [www.mydman.org](http://www.mydman.org); for Paint a Miracle call 248-652-2702 or visit [www.paintamiracle.org](http://www.paintamiracle.org); for MoA call 800-272-3900 or visit online at [www.alz.org/gmc](http://www.alz.org/gmc).

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 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."



Listen for "Living Well." on these stations:



# ASK the expert

## Image Strategies to Land Your Perfect Job

By Julie Maeder, AICI FLC  
New Leaf Image Consulting

The good news and bad news are the same; we're living longer. Hooray! Isn't this what we all want? Perhaps, but along with that accomplishment comes the startling realization that we probably have to work longer than anticipated. Maybe we're helping to support our own aging parents or getting our kids through college. Maybe we have several years left on our mortgage. Or maybe we just didn't manage to save enough to retire when we expected. Whatever the reason, mature workers re-entering or remaining in the workplace may encounter a few hurdles.

As an image consultant, I'm often called upon by frustrated older adults who are trying to re-enter the workforce or segue into new careers. Employment challenges at this stage in life are so different from when they were younger that they can become overwhelmed. Sure, they have a wealth of knowledge and experience under their belts, but in this fast-paced, competitive job market, they realize this

isn't enough. They must contend with much younger workers who are often more enthusiastic, tech-savvy and less expensive to hire. These are daunting traits to compete against.

But the biggest challenge many of my older clients face is age discrimination. Unfortunately, we live in a youth-oriented society and are sometimes made to feel less valuable because of our age. There is a psychological response that happens when we see people who appear visually "tired" and out-of-date; we assume their thinking is tired and outdated.

Combat ageism in the workplace with a look that's current. To achieve this, you could enlist the help of a professional image consultant or stylist. But if you chose to go it alone, here are a few tips:

- Stay current. Spend time reviewing fashion magazines and perusing department stores or boutiques. You don't need to be a slave to the trends, but your appearance should match up with the current year.
- Get to know your fashion style, then sort through your closet to make sure your wardrobe represents your

authentic personality and is appropriate for your desired job. You may need to add or eliminate wardrobe pieces. For example, if you're comfortable dressing in classic style, you'd feel out of place in a trendy shirt.

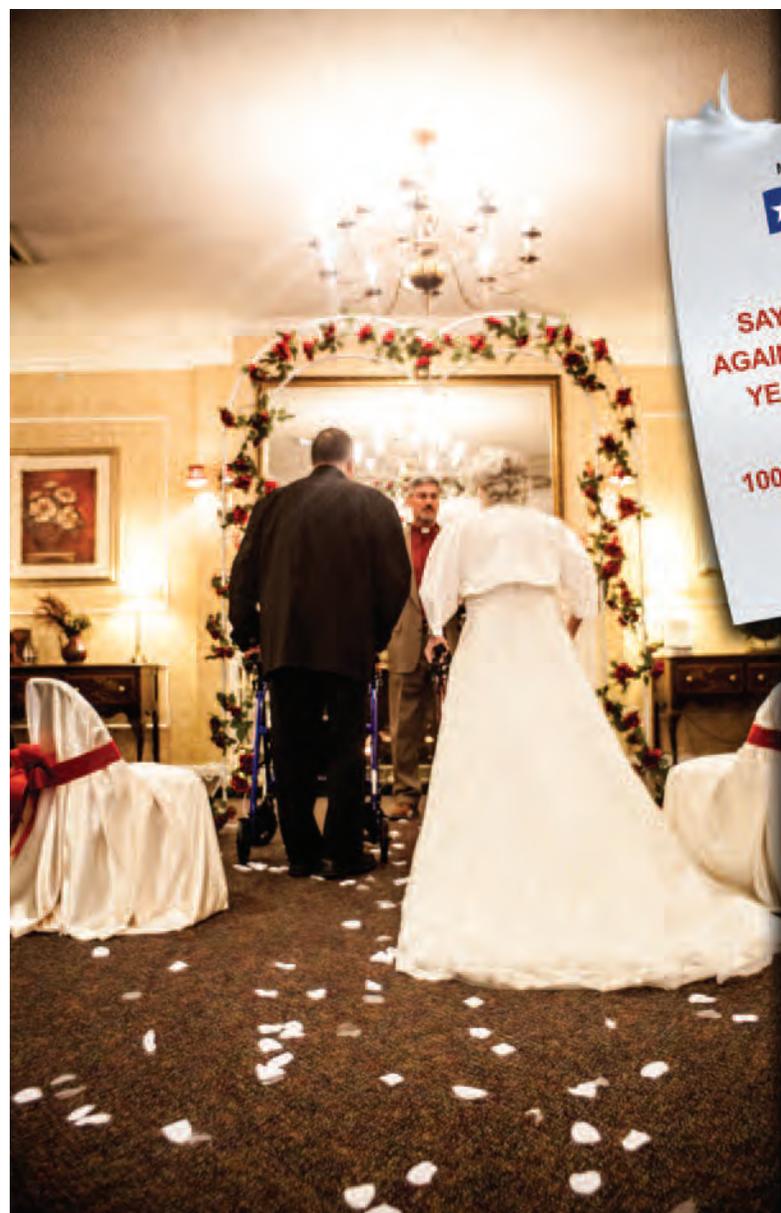
- Assess your wardrobe periodically. This should include accessories such as ties, eyeglasses, jewelry, briefcase/handbags, shoes and outerwear. Ask yourself, with an objective eye, if each piece is still relevant. Does it fit and compliment you? If it's out of style, worn out, or doesn't look good on you it's time to let it go.
- Is your hairstyle current? Many people get into a rut with their hair, but this is the "accessory" you wear every day! It should suit your facial shape and natural coloring. Look through magazines for styles you like, and then consult your hairstylist to discuss the effects you'd like to achieve.
- For men: keep your moustache/beard in line with current styles. For woman: are you putting your best face forward? Too much makeup creates a harsh effect while not enough can leave you looking washed out and older. Try a light, fresh application to achieve a professional, polished look.
- Eat right, practice good posture, exercise and get enough sleep. These good habits will give you plenty of energy and keep you in

solid working condition.

Once you've gotten your outer appearance in great shape, remember to maintain a positive attitude. Nothing says over-the-hill like a negative, self-doubting mindset. If you don't believe in yourself, how can you expect anyone else to? Instead, focus on your strengths and the unique skills you bring to the table. Smile, be engaging, and surround yourself with positive people who will support you in your quest to find the ideal job.



Julie Maeder is a certified personal Image Consultant and owner of New Leaf Image Consulting. Her book, *Inspired Style*, was co-authored with 20 other top image experts. For more information, contact Julie Maeder at 248-499-9369, by email [julie@newleafimageconsulting.com](mailto:julie@newleafimageconsulting.com), or visit her company website at <http://newleafimageconsulting.com>.



**American House**  
SENIOR LIVING COMMUNITIES  
[americanhouse.com](http://americanhouse.com)

## What do you want to do today?

Our residents, a loving couple, renewed their vows right here at American House. Start creating your own moments to cherish for a lifetime. Call one of our communities today to schedule a complimentary lunch and a personal tour!

### Genesee County

Grand Blanc (810) 936-4572  
North (810) 936-4571

### Kent County

Grand Rapids (616) 248-3499

### Macomb County

East I (586) 838-2495  
East II (586) 838-1013  
Lakeside (586) 439-5836  
Sterling Heights (586) 580-4854  
Sterling Meadows (586) 580-8777  
Sterling Woods (586) 480-1388

### Northern Michigan

Charlevoix (231) 237-5547  
Petoskey (231) 753-3038

### Oakland County

Elmwood (248) 686-2307  
Farmington Hills (248) 438-5379  
Hazel Park (248) 430-7951  
Milford (248) 507-4814  
Oakland (248) 236-5088  
Royal Oak (248) 556-3047  
Southfield (248) 419-4149  
Stone (248) 237-3613  
The Village (248) 686-2526  
Troy (248) 566-6082  
West Bloomfield (248) 438-5526

### Signature Communities

Park Place (586) 447-7603  
Regent Street (248) 683-1010

### Washtenaw County

Carpenter (734) 385-4186

### Wayne County

Dearborn Heights (313) 915-4235  
Livonia (734) 629-4697  
Riverview (734) 441-3638  
Southgate (734) 720-0995  
Southland (734) 984-4167  
Westland Hunter (734) 403-4313  
Westland Joy (734) 367-4861  
Westland Venoy (734) 403-4540

Coming to Grosse Pointe in 2015!



# Finding employment in 2014:

## Agencies offer programs, customized to meet needs of mature workers



A recent Wells Fargo & Company study revealed that over a third of Americans earning \$25,000-\$100,000 annually, expect to work until the day they die and only 30% had a retirement plan. Why is that? Their reasons included the financial meltdown of 2008, the Great Recession, a shift from standard company pension benefits to elective 401K plans, rising healthcare costs, an overall loss in investments, and a looming threat that social security benefits will become extinct.

The study also found that adults age 50+ are finding it more difficult to get hired. According to an Associated Press-NORC Center for Public Affairs Research poll, job seekers age 45-54 were out of work 45 weeks; age 55-64 averaged 57 weeks; while those 65 and older averaged 51 weeks.

Lisa Bartley is a career counselor at JVS in Southfield. "Most of the people who come to us have lost their jobs, primarily due to the economic downturn," she stated. "We saw the need to do something that would give this growing segment an edge." So JVS developed the following unique programs, some tailored specifically to older adults:

**Recharge!** – adults age 50+ looking to recharge or redirect their career. "For some, it's a time to think about what they want to do and really explore their strengths, personality style, and skill set to find something new that they can be passionate about," said Bartley. Activities include career exploration; marketing yourself via resume, cover letter and fresh appearance; panel discussions with candidates who've found success; and volunteer forums to learn of community opportunities.

**Success Teams** – geared to those who are recharged, ready, willing, and able to work. Participants fine tune resumes, cover letters and thank you notes. They learn how to participate in Skype and informational interviews. They also practice networking skills at planned events.

**Women to Work** – aimed to assist women of all ages, entering or re-entering the workforce following a period of caregiving, divorce, the death of a spouse, etc. The program offers a mix of career counseling and employment support.

For more information, call 248-233-4245 or visit online at [www.jvsdet.org](http://www.jvsdet.org).

Along with these JVS programs, you'll find three other employment centers highlighted here. They've fine-tuned their approach to meet the needs of mature job seekers. Experts on the front lines have offered the following tips and job seeking advice:

### Refresh your skills to compete in 2014

When you visit an employment agency, you'll typically go through an evaluation to determine what line of work best suits your personality and interests.

A plan is devised to help you meet employment goals. Many agencies offer on-site training and classes to bring job skills current.

A commonplace entry to employment is an internship program, a descendant of apprenticeships that evolved in the '60's and became more commonplace within the college sector of the 80's. Today, internships have become an economical way for companies and prospective employees of all ages, to take a test drive before they commit. And for mature workers, this can be a more tolerant way to bridge the transition. "We ease older adults back into the workplace through internships related to their job goals," said Mary McDougall, executive director at Operation ABLE of Michigan. "It's an opportunity to update skills, build confidence and provide current experience on a resume."

Oakland county resident Delois Evans, 65, took a buyout from a government job she held for 25 years. But financial concerns brought her back to the threshold of employment and out-dated skills held her back. When she arrived at Operation ABLE her goal was to re-enter the clerical field in a permanent position. "She took our introductory computer classes, attended employability workshops and is now interning at the Accounting Aide Society in Detroit," said McDougall.



*Delois Evans*

Evans got the support she needed through Operation ABLE. "I had an instructor who gave me help at a slower pace so that I could get a better handle on what I was doing, especially with these new computer programs," she said. "I also did general office work right there with a trainer and worked in a call center to gain that valuable experience."

According to Bartley, "We see mature job candidates who do not keep up with what's current in the workplace. For example, accountants knew how to use ledgers, but didn't know how to use the computer

software program called QuickBooks.” They arrived at the proverbial fork in the road, where they either needed to update skills or consider another career.

The workplace has undergone other fast-paced changes; from resume and cover letter content, to the application process. “It’s the realization that if you don’t have an email address in today’s market, you’re not going to get called back for an interview,” said Bartley. “But we can help you with that.”

AARP Foundation/SCSEP is another haven for mature job seekers. Project Director Joan L. Hulet observed, “Baby boomers have much more education and work experience than applicants in years past, but they often have skills for occupations or jobs that are no longer available.”

Located in Southgate, the agency works alone and in tandem with other agencies throughout Southeastern Michigan. “We offer Job Clubs where participants review many employment-related topics including resumes and interview skills. We also place applicants into community agencies for paid training while they conduct their job search to transition into a new career.”



*Sanaa Al-Salman*

## Be flexible with your expectations

Redesigning yourself for work can be challenging for older adults. Now imagine doing this after relocating from overseas. This is the experience of Sanaa Al-Salman, 60, who was a civil engineer in her native country of Iraq before she welcomed the opportunity to come to America in 2011. Al-Salman received guidance and support through AARP and Jewish Family Services (JFS) of Washtenaw County, an agency that specializes in serving refugees and immigrants. “People that are new to this country encounter serious barriers to employment, such as a lack of English language and American vocational skills. This is usually coupled with a lack of transportation,” said Associate Director Elina Zilberberg. “We look at all the resources to help them acquire job skills and English as a Second Language (ESL) in an effort to secure employment. This is often accomplished through our partners in the community, such as AARP Foundation, and we’ll refer clients to them.”

JFS and AARP worked together to assist Alsalman. “It was difficult to find a job match for Sanaa in her line of work in civil engineering due to the Michigan economy and her language barrier,” said Zilberberg, who knew right away that, all things considered, this would mean a career change. “Sanaa received training and through the financial assistance

from AARP, was placed at JFS as an Interpreter. After her placement ended, JFS hired her with United Way Power of the Purse grant funding. She’s been an incredible addition to our staff.”



*Robert Alpiner*

## Consider work as an independent contractor

Robert Alpiner, 67 worked for years as an accountant and then an attorney. When he turned 65, he decided to continue on as an independent contractor. “It was difficult for me to obtain a full time position and this was a plausible alternative.” In fact, two years later, Alpiner still finds the work to be steady and satisfying. “The job has given me more confidence in myself and I enjoy interacting with fellow attorneys,” he said and added that he still receives the benefits of vacation and holiday pay.

## Part-time positions can fuel interests and keep you connected

Margery Jablin recalled the words of her father who died last December. “Dad said if he knew he was going to live to be 93, he never would have retired at age 67 because it was too long of a time spent as a retiree,” Jablin said, and noted that timing retirement can be tricky as people live longer. Unfortunately, her father’s message arrived after she retired from Hillel Day School in 2012 at age 64. Divorced with two grown daughters, the thought of running through her nest egg crossed her mind, but



*Margery Jablin*

she quickly dismissed it. “Work is a good thing. I’m a very Type-A person and I have to be busy.”

Jablin currently holds down two part-time jobs, putting in a total of 30 hours/week. “I thought it would be difficult to find employment because of my age. But it wasn’t. I think it’s because I’ve worked in the Jewish community at so many different jobs that I’m a known commodity,” she said. “Though, the downside of getting older and not having a full-time job is that you may not earn what you used to and you don’t get health insurance. But I just became eligible for Medicare, so that will help me out a lot.”

## Re-invent yourself

Alfred Murphy had a satisfying social services career when he retired in 2007 at age 62. For the next few years, Murphy played golf, volunteered at church, and worked in the garden at his home in Southfield. But he still wanted to accomplish more with his life. After hearing about an ‘additional education benefit’ for veteran’s who qualify, Murphy applied.



*Alfred Murphy*

Wounded in Vietnam in 1966 from grenade shrapnel that injured his leg, Murphy received the Veteran’s Administration education benefit and decided to enroll in the Gerontology program at Madonna University in 2012. “I was thinking about going into an area that I might enjoy; one where I’d be able to relate to someone my own age,” he said.

The following year he received his field placement at an assisted living community, where he now works as their activities and recreation coordinator part-time. “At first I thought I made a mistake. I didn’t want to be reminded of what might be in store for me.” He continued, “A lot of people in my generation don’t really buy into the idea that your body declines. Many of us don’t want to face that,” he said. “But what I’ve since learned from working there is an attitude of gratefulness for being healthy and having the ability to help others. The job is personally rewarding and boosts my self-esteem –to be hired at 68!”

For those with an interest in exploring a new career for your second act, check out Operation ABLE’s Encore Career Workshops offered throughout 2014. Call 313-832-0922 or visit online at [www.operationable.org](http://www.operationable.org). For more information on JFS of Washtenaw call 734-769-0209 or visit [www.jfsannarbor.org](http://www.jfsannarbor.org); or for details on AARP Foundation/SCSEP programming call 734-281-2470.



## Opportunities for Seniors Abound at Oakland Community College

From reduced price event tickets, to non-credit enrichment classes, to using college facilities, seniors have great opportunities at Oakland Community College. Culturally, OCC offers two theatre productions a year, concerts, art exhibits and a variety of speakers throughout the year.

The college's continuing education program offers a variety of classes such as writing, meditation, photography, computer repair, and other popular classes for seniors in the OCC community.

The Culinary Studies Institute at the Orchard Ridge campus in Farmington Hills offers classes such as *Wine 101 (How to Taste Wine Like a Sommelier)*, and *Foolproof Cooking for the Holidays*. In addition, the campus

boasts three restaurants open to the public featuring fabulous buffets, gourmet dinners and high tea.

The Highland Lakes campus in Waterford offers low cost massages and dental checkups through the healthcare programs found on this campus.

Seniors can attend fitness aquatic lessons such as beginning swimming or aqua yoga, and land-based classes such as dance and fencing. Community members can use the college's outdoor hiking and fitness trails and tennis courts.

Community members can also enjoy a multitude of activities at all of OCC's campuses, which are found in Royal Oak, Southfield, Farmington Hills, Auburn Hills and Waterford.

For more information, visit [www.oaklandcc.edu/connect](http://www.oaklandcc.edu/connect).



**OAKLAND  
COMMUNITY  
COLLEGE**<sup>®</sup>  
Community is our middle name.

## Volunteer Today with Oakland County!

Oakland County offers many opportunities for community involvement where you can share your special talent, skill, and time. Become involved, meet new people, and make a difference by volunteering.

Volunteers are an invaluable asset to **Oakland County Animal Control and Pet Adoption Center**. Besides keeping the animals socialized, volunteers can assist with events and work at the shelter.

**Oakland County Parks and Recreation** has volunteer opportunities throughout the parks system.

- **Senior Recreation** - Assist with athletic programs and seasonal park tours

- **Campground Host** - Answer questions, explain rules, and provide directions
- **Golf Courses** - Become a starter, ranger, cart attendant, or assist at the Pro Shop

Volunteer to be a Greeter at the **Oakland County Health Division**! Welcome clients, answer general questions, and direct them to services.

You can also make a difference by spending time in a group or one-on-one activity in a safe, structured environment for youth at **Oakland County Children's Village**. Make a positive impact in a child's life today!

For more opportunities, visit [www.oakgov.com/volunteer/Pages/default.aspx](http://www.oakgov.com/volunteer/Pages/default.aspx).

## Volunteer Contact Information

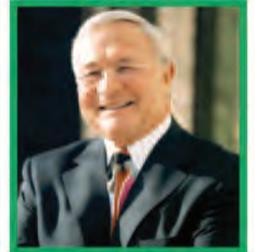
**Oakland County Parks and Recreation**  
• 248-975-9717 / [volunteer@oakgov.com](mailto:volunteer@oakgov.com)

**Oakland County Animal Control & Pet  
Adoption Center**  
• 248-391-4100

**Oakland County Children's Village**  
• 248-858-1162

**Oakland County Health Division**  
• 248-858-1162

## Message from L. Brooks Patterson, Oakland County Executive



I often speak of maintaining quality of life through active and healthy lifestyles. Taking care of your mind is just as important as taking care of your body. Throughout Oakland County, there are continuing education programs for seniors to enhance their cognitive prowess or even receive training for a new later-life career.

For instance, Oakland University's Professional and Continuing Education (PACE) program offers seniors enrichment and training in many areas. The university offers non-credit courses, some of which can lead to certification in certain career paths. PACE courses and programs are offered online, in Birmingham, at the University Center in Macomb County, and in Mount Clemens.

Oakland Community College also offers short-term training programs for retirees and older adults switching career paths. The college has designed programs that enable you to receive training in six months or less that may lead to employment.

In addition, Oakland County school districts have continuing education programs, which offer single-day or short-term personal learning or enrichment courses on anything from gardening, computer programs, personal finance, to starting a business and more.

The benefits of short-term training programs are:

- Salaries and job opportunities are determined through research and direct contact with area businesses.
- Occupations are linked with other certificate and associate degree classes as well as four year institutions, Credit and Non-Credit.
- Individuals may become employed after the initial training package and continue on with their education for higher level employment.

I encourage you to check out the programs in your community. Just visit the local website of your school district, Oakland Community College at [www.oaklandcc.edu](http://www.oaklandcc.edu), or Oakland University at [www.oakland.edu](http://www.oakland.edu). You may be surprised by what you find.



## AAA 1-B partners with trusted in-home care providers

Individuals and families seeking a home care company to assist with personal care and housekeeping for a loved one face difficult decisions. It can be scary opening your home to a stranger, and there are dozens of home care companies to choose from in every community. The Area Agency on Aging 1-B has partnered with home care companies to assist consumers who need in-home care for more than twenty years. The agencies listed below go through an exhaustive screening process to ensure their adherence to federal and state service standards, such as:

- Must be in business for at least five years
- Must meet comprehensive insurance requirements
- Must be able to provide services in a prompt and efficient manner
- Performance is continually monitored by the AAA 1-B
- Employees must undergo criminal history screening and reference checks
- Employees have orientation and training requirements focused on safety and quality of care, that exceed state requirements

The companies listed below are current in-home care providers that partner with AAA 1-B to provide professional and compassionate in-home care:

Abboe Healthcare Services, Inc.  
Action Home Health Care  
AdvisaCare  
Affordable Home Care  
All Care Inc.  
All Valley Home Care  
Allied Nursing Care  
Arcadia Home Care & Staffing  
BrightStar of Brighton  
Care One, Inc.  
Caring Alternatives  
Caring Hearts Home Care, Inc.  
ComForcare Macomb/St. Clair  
ComForcare Bloomfield Hills  
ComForcare St. Clair Shores  
ComForcare North Oakland/Livingston  
Community and Home Supports  
Council on Aging, Inc., serving St. Clair County  
Crystal Home Health Care  
Excellacare

Friends of the Family Home Health Care, LLC  
Friends Who Care, Inc.  
Friman Home Health Services  
Harbor Light Health, Inc.  
Health Call of Detroit  
Help at Home  
Homecare Network of Michigan  
Independent Nursing Services, Inc.  
Integrated Living, Inc.  
Interim of Oakland County  
Lutheran Social Services of Michigan  
M & Y Care, LLC  
Monroe County Opportunity Program  
Metro Home Health Care  
Nursematch Staffing Solutions  
Oakland Livingston Human Services Agency  
Omni Private Duty  
Personal Touch Home Health Care Services  
Precise Health Care Services, LLC  
Shared Care Services, Inc.  
Visiting Nurse Association Health Services  
Watson Health Care, Inc.



## New website helps caregivers find quality care

MichiganHomeCareGuide.com is a new online home care directory created by the AAA 1-B to help seniors and family caregivers in southeast Michigan find quality in-home care.

Seniors and family caregivers can search the site's online listings to find a home care company that is right for them. Users can narrow listings based on their specific needs and also get firsthand insight into a company's performance by reading reviews entered by other people. The site also offers an extensive library of informative articles on aging and caregiving.

discouraged by the fact that he could go online and find reviews about restaurants, hotels or appliances but could not find anything similar to guide him when searching for something much more important—a quality home care agency for his vulnerable mother.

"There are lots of choices out there when it comes to home care," said AAA 1-B's CEO Tina Abbate Marzolf, "It can be overwhelming. People often don't know where to start. We wanted to create something that families, especially families who might be in crisis, could use to make informed decisions."

The site was developed with the input of a twelve-member group, consisting of seniors and adults with disabilities who themselves, receive in-home care. They shared their experiences and insights to help create a site tailored to individuals who are in similar situations. They met one to two times a month for over a year to develop the rating and review criteria, as well as design the look and feel of the site and the content. In addition, they made sure the site is easy to use and intuitive for older adults and people with disabilities.

For more information visit online at [www.michiganhomecareguide.com](http://www.michiganhomecareguide.com) today, or contact the AAA 1-B at 800-852-7795.



MichiganHomeCareGuide.com was inspired by a family caregiver whose mother suffered from dementia. While caring for his mother, he struggled to find quality home care and the resources and information he needed. He was

PAID ADVERTISEMENT



### WALTONWOOD Carefree Senior Living

Waltonwood is a family owned business, and we've made it our mission to ensure the residents and family members at each of our communities are treated with dignity and respect. We strive to preserve residents' independence, health, safety, and happiness.

Whether you're looking for Independent Living, Assisted Living, or Memory Care, you will enjoy peace-of-mind knowing our services will evolve along with your needs.

Locations in Canton, Novi, Rochester Hills,  
Royal Oak, and Sterling Heights



Visit your local Waltonwood today!

1 (866) 7-WE-CARE

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

## Help with prescription drug costs offered to low income seniors

"Extra Help" is a federal program that provides additional help paying premium and deductibles for Medicare Part D prescription drug coverage plans. It's available for people with limited income and resources. If you qualify, Medicare may subsidize 85% to 100% of your out-of-pocket prescription costs and may also pay a part or all of your Medicare Part D premiums.

### Who Qualifies for Extra Help?

If your annual income is below \$17,235\* per year for a single person, or \$23,265\* for a married couple living together (could be more if you have dependent children or grandchildren living with you) AND if your assets are below \$13,440 for a single person, or

\$26,860 for those who are married.

NOT included as income:

- Housing assistance
- Medical treatment and drugs
- Food stamp assistance, etc.

The following items are included as resources:

- Bank accounts
- Stocks and bonds
- Real estate (other than your primary residence)

NOT included as resources:

- The house you live in
- Your car
- Other personal possessions such as furniture and jewelry, etc.

Counselors from the Area Agency on Aging 1-B's Medicare Medicaid Assistance Program (MMAP) will be available to explain and enroll beneficiaries into the program at local Assistance Days across our region. To schedule an appointment at a Medicare Assistance Day near you, or to speak to a Medicare Counselor, call MMAP at 800-803-7174. You may also apply for Extra Help by contacting the Social Security Administration at 800-772-1213, or visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

\* These are 2013 income guidelines, effective through March 31, 2014. The 2014 income guidelines were not released prior to the print date of Access.



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: 800-852-7795, 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 Sallie Justice, Communications Manager, editor. Access is written by Rebecca Rabano. Design and production by Northlight Design. Printing by Pinnacle Printing & Promotions.*

## Check off your support for Alzheimer's disease on your 2013 state income tax return

Did you know that someone is diagnosed with Alzheimer's every 68 seconds? Help those afflicted by this disease by making a donation to the Alzheimer's Association Fund, listed on this year's state income tax form 4642 - Voluntary Charitable Contributions Schedule. Michigan taxpayers can donate \$5, \$10 or more by checking off the appropriate box on their Michigan return. Contributions support

programs and services provided by the Alzheimer's Association's Michigan chapters, including a 24/7 helpline; education programs across the state in various settings; and support groups for families and caregivers. Due to a rising increase in older adults, the work of the Alzheimer's Association is of critical importance. Your contribution will make a difference to help the Alzheimer's Association reach their

vision of a world without Alzheimer's disease. For questions about the tax check off, Alzheimer's disease, or the work of the Alzheimer's Association, please call 800-272-3900 or email [MICheckOff@alz.org](mailto:MICheckOff@alz.org).

## Calendar of Events

**3rd Annual Caregiver Fair**  
Presented by the Washtenaw County Consortium on Aging  
Saturday, March 22, 2014  
9:00 a.m. to 2:00 p.m.  
Kensington Court Hotel  
610 Hilton Blvd., Ann Arbor, MI 48108  
Resources, exhibitors and break out presentations for individuals and family members caring for seniors or younger individuals needing guidance or professional assistance.  
For more information, contact registrar Theresa Likert at 734-320-7386.

**Livingston County Caregiver Fair**  
Saturday, April 5th, 2014  
9:00 a.m. to 1:30 p.m.  
Brighton High School  
7878 Brighton Rd, Brighton MI 48116  
Presentations and more than 60 exhibitors providing information on transportation, nutrition, medical, financial assistance, home safety, respite and home care.  
For more information, call Mark Swanson at 810-923-4173.

**St. Clair County Caregiver Fair**  
Tuesday, April 8, 2014  
6:00 p.m. to 8:30 p.m.  
Council on Aging, Inc., serving St. Clair County  
600 Grand River Ave.  
Port Huron, MI 48060

Keynote Presenter: "Know The 10 Signs of Alzheimer's"  
The event is free. Tour StarPath Adult Day Service. Visit with exhibitors. Complimentary refreshments.  
Call the AAA 1-B at 800-852-7795.

PAID ADVERTISEMENT

## Peace of Mind for Seniors

Long-term care planning can be stressful, but you don't have to do it alone!



Certified Elder Law and VA accredited attorney **Christopher J. Berry** can assist seniors and their families with long-term care issues such as:

- Life Care Planning
- Veterans Benefits Planning
- Alzheimer's Planning
- Medicaid Planning

For more information:  
[WWW.THEELDERCAREFIRM.COM](http://WWW.THEELDERCAREFIRM.COM)



**CHRISTOPHER J. BERRY**  
Certified Elder Law Attorney

Witzke Berry Carter & Wander PLLC

2550 S. Telegraph Road | Suite 255 | Bloomfield Hills, MI 48302 | Phone: 248-481-4000