

ACCESS

The art of
advocating
Pages 4 & 5



Your Link To Community Resources

Vol. 16, No.2

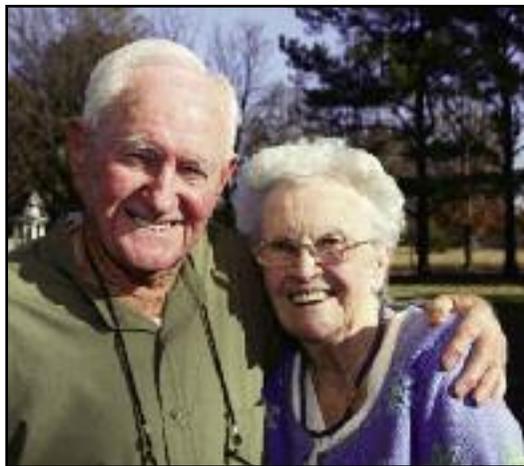
A Publication of The Area Agency on Aging 1-B

Summer 2014

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

Here's to your health and wellness

Life can get so busy that taking care of yourself ends up last on the 'to do' list. But there are simple things you can incorporate into your week to help you stay on the path to better health. Here are just a few:



Drink water...half your body weight in ounces daily, unless advised otherwise by your doctor. As you age, your body's ability to detect thirst diminishes. So you might not get thirsty. About 85% of headaches are caused by dehydration.

Water will help your body function better and the timing of when you drink could actually make you feel better.

- Drink two glasses of water when you wake up to kick start your internal body systems.
- Finish a cup of water before a relaxing activity to lower your blood pressure.
- Have a glass of water a half hour before you eat to help your body with digestion.
- Just eight ounces of water before bed can boost your cardiac health and prevent leg cramps.

Eat balanced meals. The Area Agency on Aging 1-B (AAA 1-B) offers a six-week class called, Healthy Eating for Successful Living Among Older Adults.

The class, targeted to seniors age 60+, is designed to help participants make nutritional choices to manage weight as well as prevent or control health conditions. Become knowledgeable about making healthy eating choices for wellness and the importance of exercise, while working toward developing healthier eating habits and behaviors.

Give your body the chance to repair itself as you sleep. Healthy older adults need about 7-9 hours of sleep. If you find yourself dozing off during the day or you're irritable, these signs often indicate a need for more sleep. A lack of sleep can raise your risk of falls.

Maintain your balance. To check your posture, always keep your sight at eye level or above. This simple adjustment will also keep your shoulders from slumping forward. The AAA 1-B offers an eight session course called, A Matter of Balance: Managing Concerns About Falling. Participants, age 60+, learn to

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Escape to a memorable Michigan adult summer camp

It's not just for kids. Here's your chance to turn back the clock. If you've never had an opportunity to go to summer camp or if you'd like to relive the excitement of those lazy days, you'll find many picturesque Michigan camps to choose from, depending upon your interests. Here are just a few:

Camp Newaygo, northeast of Muskegon, 231-652-1184 or www.campnewaygo.org.

Create lasting memories with your grandchildren at Grandma and Me (or mom, or aunt) two-day camps nestled in the woods, beside Pickerel Lake. Build family bonds through activities that include arts and crafts, singing and stories around the campfire, fishing, swimming and more. Offered each weekend of June, this experience costs \$155 for grandma and grandchild. To add additional grandchildren it's \$50/each and an additional adult is \$75.

Family/Friends Camp takes place at 7pm on Friday, August 22 and runs through Sunday, August 24th until 3pm. Unite throughout a host of wonderful activities that include a scavenger hunt, tubing down the Muskegon River, stargazing on the beach, water balloon contests and more. Dorm or cabin lodging and meals are included. Cost is \$95 per person and each child age 4 and under is free when accompanied by two paid participants.

Blue Lake Fine Arts Camp, Muskegon, 800-221-3796 or www.bluelake.org/adultcamps

For those who play an instrument, here's an opportunity to commune with fellow musicians within the scenic Manistee National Forest at various four-day Adult Band Camps that include instruction, meals, and end with a concert for family and friends. Cost is \$210 and does not include lodging, but campsites are available on-site for \$20/day and there are comfortable places to stay just outside of the 1,400 acre campus.

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Here's to your health and wellness

a) control their thoughts and fears of falling; b) set realistic goals in order to become more active; c) modify their living space to reduce the risk of falling; d) increase strength and balance through exercise.

Sessions are interactive. Participants engage in group discussion, problem solving, skill building, assertiveness training, and exercises to increase flexibility, range of motion and strength.

Take preventative measures. Get your annual physical; know your numbers (i.e. resting heart rate, blood pressure, body mass index, waist size, low and high-density lipoproteins, total cholesterol, homocysteine level, triglyceride level, and blood sugar level); get

vaccinations (i.e. shots to prevent the flu, shingles, tetanus, diphtheria, pertussis, and pneumonia), and preventative tests (i.e. colorectal cancer screening, etc.) as per your doctor's recommendation.

Don't let long term health conditions manage you. Take control and participate in any of these six week courses (2-1/2 hour sessions) for adults' age 18+ and their family or caregiver:

Personal Action Toward Health (PATH) –Developed by Stanford University, this program is designed to help you learn the techniques and strategies for day-to-day management of chronic or long term health conditions including arthritis, heart

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disease, depression, diabetes, emphysema, asthma, and bronchitis.

Diabetes PATH –Learn techniques to deal with the symptoms of diabetes, fatigue, pain, stress, and emotional challenges such as depression, anger, frustration and fear. You'll also learn strategies for healthy eating; exercises to improve and maintain strength and endurance; and ways to work more effectively with your doctor.

Chronic Pain Self Management – You'll learn ways to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercises for maintaining strength, flexibility and endurance; the use of medications; proper nutrition; and how to communicate

with doctors, family, and friends.

Registration is required for all courses mentioned and classes are conducted in groups of 10-16 people.

Due to the fact that these courses are evidence based, they cannot be shortened or modified. However, classes allow for scheduled breaks. Healthy refreshments are provided. While classes are free for adults age 60+, a suggested donation is encouraged to offset program costs.

If you'd like more information about class schedules, or if you'd like to know how to become a volunteer instructor, contact the AAA 1-B at 800-852-7795.

Michigan adult summer camp

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Camp Cavell, Lexington, 810-359-2267 or www.campcavell.org

Get everybody together for a Family Fourth of July Weekend camp on the shores of Lake Huron. Enjoy home-cooked meals and lodge comfortably in cabins equipped with heat, electricity and bathroom with shower for 8-10 people. Activities include a hayride, arts and crafts, swimming, campfire

sing-a-longs, fireworks, games, archery and more. Family camp runs \$85/adult, \$75/children age 12-5, \$35/children age 4-2 and children under age 2 are free. One person within the group must have a Y.W.C.A. membership, which can be purchased when registering for camp. The membership runs \$20/yr for a child, \$45/yr for an adult, and \$30/yr for those age 62+.

Senior Citizen Getaway Camp, for those age 50+, takes place on Monday, June 9-11 and Monday, August 27-29. Kick back and relax or take advantage of nature walks, card games, kayaking, swimming, bingo, evening dance, and/or crafts. You must have a Y.W.C.A. membership for this camp experience which runs \$30/yr. The camp costs \$85 and includes home-cooked meals and snacks as well as cabin lodging (see details in above paragraph). Other activities are offered at an additional cost (i.e. massage, some crafts, and horseback riding).

INDIAN TRAILS CAMP (ITC), just west of Grand Rapids, 616-677-5251 or www.indiantrailscamp.org

Individuals with disabilities can enjoy a memorable camp experience this summer enriched with recreation, advocacy and meaningful relationships through adaptive programming (i.e. rock climbing with zip line, indoor swimming, archery, arts and crafts, outdoor concerts, etc.) and facilities. Campers range in age from 5 to 70+. Open since 1952, ITC serves 1,700 participants a year with a wide variety of developmental and/or physical disabilities, including older adults diagnosed with multiple sclerosis, rheumatoid arthritis, dementia, Alzheimer's disease, closed head injury, cognitive impairment or traumatic brain injury. In addition, ITC also offers a respite program to relieve caregivers, who devote so much of their time and energy to providing care.

The cost for each option is:
6-day camp & Weekend Respite:
\$127- \$256 daily rate



Drop-in Respite: \$7.50/hour
Scholarships and volunteer experiences are available.

College of Creative Arts at Interlochen Center for the Arts, Interlochen, 231-276-7387 or www.college.interlochen.org

Calling all creative's...Interlochen has a variety of adult camps, workshops and classes to hone your existing talents, or learn new skills, as you benefit from the camaraderie of artsy people from all over the world. If you're a singer, check out the Adult Choir Camp that runs from June 23-June 28 (\$500). If you've got a story to tell, the Memoir Writing Workshop held August 4-8 (\$400) is a popular choice. Both are open to all skill levels.

Meals and lodging are not included in the registration cost, but meal tickets are \$9 each and lodging on-site costs anywhere from \$90/night to \$1,200/week. If you prefer camping, check out Interlochen State Park located across from the campus. Call 231-276-9511 for more information.

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ASK the expert

What is Medigap Supplemental Insurance?

By Sara Mary Wallace

As a counselor with the Medicare Medicaid Assistance Program (MMAP) we receive many questions about Medicare Supplemental Insurance, also known as Medigap Insurance. What is it? How do I compare different plans? What's the cost? Do I need it? It can be an overwhelming and confusing piece of the Medicare puzzle, so what follows is an overview of Medigap. Medicare beneficiaries are always welcome to contact MMAP at 800-803-7174 to speak individually with a counselor.

What is Medigap?

Original Medicare Parts A and B cover approximately 80% of the cost of services, leaving the beneficiary responsible for approximately 20% of medical costs. Beneficiaries can choose to purchase Medicare Supplemental Insurance policies (a.k.a. Medigap policies), from private insurance companies to help them cover their 20%. Medigap policies are secondary insurance policies that only supplement Parts A & B of Original Medicare.

They do not supplement any Part D prescription costs, and you cannot get a Medigap policy if you are enrolled in a Medicare Advantage Plan.

How do I compare plans?

Medigap policies are standardized in Michigan, meaning all plans with the same name offer the same benefits from company to company to allow for easy comparison. There are 10 standardized plan options available in Michigan – Plans A, B, C, D, F, G, K, L, M and N. Plans range from basic benefit coverage (Plan A) to very comprehensive benefits (Plan F) and everything in between. The 2014 Medicare & You handbook has a chart on Pg. 69 that outlines all of the plan options. The important thing to remember is that once you have identified a plan whose coverage you are comfortable with, you want to compare price. It's a good idea to call several insurance companies and see what rate they offer on your desired plan. Not every insurance company sells all 10 Medigap plans. Make sure you get quotes on the coverage you want.

What does it cost?

The cost of Medigap policies is generally

based on your age and/or health status at the time you purchase the policy and will vary from person to person. You do not have to purchase a policy when you first become eligible for Medicare, however, there is an advantage to doing so during the first six months you are new to Medicare and enrolled in Part B. During this six month window insurance companies cannot ask health related questions on your application for coverage. Meaning they have to give you a basic rate and you cannot be denied. After six months on Medicare, insurance companies are allowed to ask about pre-existing conditions and base your monthly premiums on your age and/or health status at the time of application. It is also possible to be denied coverage after that first six month window.

Do I need it?

Medicare Supplements are completely optional. If you do not purchase supplemental insurance, original Medicare will still cover approximately 80% of your hospital and doctor costs. I always tell clients it really is a personal decision based on your health conditions, your financial situation and how much health insurance you feel you need. The nice thing about Medigap is that it is optional and not subject to the annual Open Enrollment period. While you get the best rates if you sign-up right away, you can usually get coverage at anytime

during the year. So if you did not sign-up when you were first eligible, you can always see what a plan could do for you now and what it might cost.

MMAP counselors are happy to review the various plans with you in more detail over-the-phone or in-person with an appointment. We are also available to give presentations to groups who may be interested. If you'd like to learn even more about Medicare benefits and help explain them to others, MMAP is looking for new volunteers to become counselors. MMAP provides extensive training and ongoing support to all of our volunteer counselors so that we can provide the best services possible. Counselors are especially needed in Macomb, St. Clair, Monroe and Livingston counties. For questions and more information, please call MMAP at 800-803-7174.



Sara Mary N. Wallace is the Medicare Medicaid Assistance Program (MMAP) Site Coordinator for Macomb and St. Clair Counties. She has a Master's

in Social Work with a Certificate in Gerontology from the University of Tennessee and has worked with aging services for more than 10 years.

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Coming to Grosse Pointe in 2015!

The art of advocating: Michigan residents make their voices heard

A D - V O - C A T E \ 'ad-və-kət \ n 1: one who pleads the cause of another



Bob Fox

In 2006, Engineering Group Manager Bob Fox retired from General Motors with more than forty-two years of service, but he still wanted to do something with his life. "I felt God had blessed me. The least I could do was give back to my community," said the Livingston county resident. Fox prayed about his next move and an answer came via postcard in the mail. The Area Agency on Aging 1-B was looking for volunteers for their Medicare Medicaid Assistance Program and Fox decided to get involved.

Through his contribution to the agency, Fox realized the need for advocacy on behalf of seniors. Today, he is chairman of the Michigan Senior Advocates Council (MSAC), a unique group of senior leaders who meet monthly with elected officials at the state capital to inform them about issues concerning this surging segment of Michigan's population. MSAC is credited with helping to launch many vital programs, services and bills for older adults including:

- reversal of proposed cuts in aging services for 2012
- \$1.1 million increase towards community services in 2013
- passage of ten bills that prevent or address elder abuse
- \$18 million funding increase for MI Choice Waiver Program in 2014
- expansion of Medicaid in 2014
- additional \$500,000 for nutrition in 2014

Getting Started

There are as many forms of advocacy as there are issues. Some people become advocates in the way Fox did, while others are driven by their passion about issues which propels them into action. Either way, advocacy efforts can create change for individuals. Creating change for a large group of people is called systems advocacy; where an alteration of policy and/or practice can shift the outcome for individuals within that system, be it locally, nationally, or internationally.

Regardless of which path your activism takes, the AAA 1-B is a solid place to learn the ropes. To get involved in the Senior Advocacy Network (SAN), readers can sign up to receive *The Advocate*, AAA

1-B's monthly newsletter. You'll learn about the current key issues impacting seniors along with steps you can take to get involved. Your time commitment and degree of involvement are based on your comfort level.

Ryan Cowmeadow, Advocacy Manager at the AAA 1-B explained, "I maintain a list of advocates and their top concerns. If we're facing an issue in that area, I'll contact those people first, to see if they're interested in getting more involved." He continued, "The AAA 1-B's Research, Policy Development and Advocacy Department often works with the community. We help connect people when issues arise and they need help, directing them to the places where change can be made."

An important step in becoming an effective advocate is to become knowledgeable on the subject matter. Do a little research at your local library; check out organizations connected to your topic; and explore the subject on the internet. You should be able to answer the following questions, listed on Community Toolbox, a website found at <http://ctb.ku.edu/en> that provides tools and resources to help communities thrive:

- What's the issue's history?
- Who is affected by this issue?
- What factors contribute to the problem or goal?
- What are the consequences (e.g., social, economic) from this issue?
- What are the barriers (political, cultural, etc.) in addressing it?
- What resources are available to address the problem?
- How do people feel about it? Who are your allies?
- How does this issue link or divide segments of the community?
- Who or what influences the opposing side to take the stand they've taken?
- What political forces might be influencing decision-makers?
- What will it take for people to support your goals (or at least not oppose them)?

In addition, why do you want to get involved? Are you able to define your objective? Does it align with your values? Do you understand the details? Are your sources credible? Can you maintain your objectivity?

Taking action

Now you're ready to hit the ground running. Consider putting the following measures into action:

- Spread the word among your family and friends
- Join up with other activists that are working towards the same cause
- Write letters to officials in power to advocate for change
- Attend meetings with community members and legislators
- Depending on the issue, write an editorial for local,

state, national, or international newspapers

St. Clair County resident Marcia Haynes, 82, made the decision to advocate for those with Alzheimer's after her husband was diagnosed with the disease 6-1/2 years ago. She and her children went through various channels to find help in their area and found the experience frustrating. So Haynes did some research and is in the process of creating a pamphlet on Dementia/Alzheimer's disease that a physician can give to their patient, the family, or caregiver upon diagnosis. "On the sheet are the various stages of Alzheimer's; local agencies that can help; adult day care centers; home care help; internet sites; books to read; the Alzheimer's Association help-line; assisted living facilities and nursing homes; etc. It's a true support sheet for the caregiver," she said. Haynes plans to make her county more aware of Alzheimer's disease. She stated, "St. Clair County has a population of 160,000 and 15% are over age sixty five. That's over 3,000 older adults in our county and many are not yet diagnosed."



Marcia Haynes

In Milford, Bonnie Clayborn, 76, began advocating in 2012. As a senior with a disability participating in the Medicaid MI Choice program, Clayborn got started as a volunteer, providing insight on AAA 1-B's website www.michiganhome-careguide.com. The site is designed to help seniors, those with disabilities, and their caregivers locate quality in-home care within their community.



Bonnie Clayborn

That endeavor led to another. "I got involved with AAA 1-B's Consumer's Advisory Team (CAT), speaking on behalf of other seniors regarding older adult programs and services." As a retired teacher from Chicago, Clayborn said, "I find this volunteer work rewarding because it gives me the opportunity to learn, contribute, and work with others who share the same objective."

Pontiac resident Bill Maxey has volunteered for a variety of causes since 1964, when he returned from serving in the United States Air Force. His efforts evolved into advocating on behalf of others. Maxey became involved with the civil rights movement, helping fellow community members secure employment with the once renowned



Bill Maxey

Farmer Jack Supermarkets. Maxey also found jobs for parolees once convicted of drug and/or alcohol offenses. "My calling is working with people, assisting them from the bottom up to the point where they realize their self-worth and have enough discipline to maintain their life. This helps them become a contributing member of the community," said Maxey.

Another of Maxey's activism efforts is directed towards helping senior citizens. As an MSAC delegate, Maxey visits with Michigan senators and representatives once a month at the state capital building, advocating for bills that enrich the lives of older adults. He stated, "I was very active in getting the Elder Abuse House Bill 5011 passed in 2012, which enables third parties to report issues of elder abuse."

Maxey attends Older Michiganian's Day (see sidebar) each year and helps lead a group from the Bowen Senior Center in Pontiac when they travel to Lansing for the event. "For many, it's their first time visiting the state capital. They have an opportunity to meet their state senator and/or representative face-to-face and ask questions or make comments," he said. "It's very exciting."

Maxey describes himself as... "67 and holding, because you never stop. In today's world, you keep going faster, and faster. Actually," he laughed, "I'm 70."

While Maxey may be 70, he continues to operate at 100 mph, having obtained a master's degree in psychology, a Bachelor of Arts degree in social work and a Bachelor of Science degree in criminal justice. Today, this father and grandfather of four, is an award-winning advocate and volunteer. He serves on numerous boards, including one for the Oakland Livingston Human Service Agency, an organization that provides care for people living in poverty to help them succeed. "My passion is fighting for the underserved," said Maxey. "That's where my blessings come in...and I'm truly blessed."

Up in Lansing, Advocate Regina D. Allen, 64, also meets with legislators. "I'm currently involved in helping along any legislative bills related to senior citizens, the disabled and Veterans." This felt like a natural fit, due to Allen's years of service assisting older adults at the Social Security Administration. "I retired as project



Regina D. Allen

manager after thirty-eight years there." For fifteen of those years, Allen also served as area manager in four different cities. "As an advocate, I speak for those who cannot speak for themselves," she said.

Allen has found the top concerns impacting seniors right now to be pensions, taxes, and medical issues. For those who want to see positive change in these areas Allen suggested, "Write, email or visit your representative or senator about your concerns." She continued, "Advocating in 2014 is so important because unity among Democrats and Republicans would help the less fortunate in so many ways. Advocating in Lansing and Washington D.C. to members on both sides of the aisle would help get things done."

Advocate Mark Swanson, 64, of Pickney has also felt the effects of political polarization. "The economy being what it is and times being what they are, I think we're in an era of self interest. We've got polarization in Lansing and Washington D.C. I try to keep a fairly level perspective to be able to work with Democrats and Republicans, just looking at the issues and their impact. I think you've got to start with empathy," he said.

Swanson's been advocating since college when he heard then President John F. Kennedy say, "Ask not what your country can do for you. Ask what you can do for your country." Swanson kicked off his volunteer efforts with the Special Olympics, helping the disabled. "This gave me an understanding that there were people with other perspectives, other ways of thinking, and other ways of doing things; all with different capacities." He worked with the organization for eight years.



Mark Swanson

Upon earning a Bachelor of Arts degree in Journalism and a Master's degree in Parks and Recreation, Swanson worked for more than thirty years in the field of Parks and Recreation while raising three sons. Yet he remained consistent in carving out time to volunteer and advocate for people and issues that intersected his path along the way.

In 2005, Swanson landed a position at the Howell Senior Center and now he's added senior citizens to the spectrum of people he serves, not only through work, but also as a member on several advocacy boards.

In 2012, Swanson was awarded AAA 1-B's Volunteer of the Year award. He noted that helping others is a part of a person's make-up. "I've never gotten a degree in social work, but people have always claimed that this is what I do, in a sense. I try to solve problems, one person at a time. And as long as I'm physically, financially, and mentally able to do this and people are willing to listen, I'll just keep doing it."

If you'd like to make a difference through advocating, contact Advocacy Manager Ryan Cowmeadow by phone at 248-262-1282 or email him at rcowmeadow@aaa1B.com.



Speak Up at Older Michiganian's Day in Lansing - June 3, 2014

Mark your calendars for Tuesday, June 3, 2014 and join us on the lawn of the State Capitol in Lansing to celebrate Older Michiganian's Day (OMD) 2014: Healthy Aging - Healthy Michigan. This annual state tradition draws more than 800 Michigan seniors, senior advocates, and aging senior providers who travel by bus and by car across the state to advocate directly with their legislators on issues of concern to seniors.

Every year OMD advocates focus on specific topics to address with lawmakers. This year's platform includes eight priorities that fall under two main areas of concern: 1) Investing in results-oriented solutions that save Medicaid dollars; and 2) Providing resources that ensure healthy aging in Michigan. In 2014, the OMD platform's first priority is to urge Michigan's elected officials to support Governor Snyder's commitment to older adults in fiscal year 2015 by:

- Making Michigan a "No Wait State" by increasing funding by \$5 million for in-home services, including home delivered meals
- Expanding funding for the MI Choice Medicare Waiver program by \$9 million, allowing low income older adults to receive their services in their home as an alternative to nursing home care
- Expanding the PACE program by \$5.6 million
- Supporting elder abuse prevention initiatives through a \$1 million dollar funding increase

You can check out the other seven advocacy priorities and the day's schedule online at www.oldermichiganiansday.com. Festivities will kick off at 10:30 am with a rally on the east lawn of the state capitol building. Listen to keynote speakers and take part in meetings with your legislators as a group and/or individually. The Michigan Office of Services to the Aging will present the Senior Citizen of the Year Award, sponsored by Consumers Energy. Blue Cross Blue Shield of Michigan will honor two individuals and one organization for improving the lives of older adults in Michigan.

Be a part of this fun, free event. Contact Ryan Cowmeadow at the AAA 1-B at 248-262-1282, or at rcowmeadow@aaa1b.com, to obtain a free ticket for a boxed lunch while supplies last, or to schedule a meeting with your State Senator and Representative. The day culminates at 2:30 pm.

Sponsors include :



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& Aging Services Programs
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OAKLAND COUNTY



Senior Advocate

Dedicated to the Well-Being of Oakland County Seniors

Protect Yourself From West Nile Virus

Be aware of your risk; anyone can get sick from West Nile Virus. People age 50+ are at highest risk. Reduce your risk of West Nile Virus by following these prevention measures:

- Eliminate mosquito breeding sites around your home. Empty standing water from flower pots, pet bowls, clogged rain gutters, swimming pool covers, old tires, buckets, barrels, cans, and similar items where mosquitoes can lay eggs.
- Maintain window and door screens to keep mosquitoes outside.
- Apply insect repellents that contain the active ingredient DEET, picaridin, oil of lemon eucalyptus, or other EPA-approved ingredient to exposed skin or clothing, always following the manufacturer's directions for use.
- Avoid shaded and wooded areas where mosquitoes may be present.
- Wear long-sleeved shirts, long pants, socks, and shoes when outdoors.
- Limit outdoor activity between dusk and dawn when mosquitoes are most active.
- Report a sick or dead bird, or mammal, at the State of Michigan Emerging Disease Issues webpage, www.michigan.gov/emergingdiseases. Select west Nile Virus, then How to Report a Dead Bird or mammal.

For more information, visit oakgov.com/health or on Facebook and Twitter @publichealthOC.

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AVOID INFECTION USE PROTECTION

Oakland County Senior Advisory Council

Oakland County continues to be committed to retaining and attracting older adults by demonstrating it is a great place to live and stay healthy through recreational activities, cultural activities as well as growth activities. L. Brooks Patterson, Oakland County Executive through his Oakland County Senior Advisory Council (SAC) has been working diligently to identify existing resources as well as gaps to services for older adults here in Oakland County.

The Senior Advisory Council's 2014 goals are:

1. To maintain relationships and establish partnerships to demonstrate that Oakland County is a great place to live. For the second year in a row the SAC will be providing an Adult Health and Wellness conference cosponsored with Walsh College, save the date, October 8, 2014. More details to follow.
2. To gain recognition for Oakland County as a "Lifetime Aging Friendly Community" by forming a community task force and complete a comprehensive assessment developed for the Michigan Commission on Services to the Aging.
3. To continuously update the Oakland County Board of Commissioners on SAC activities. Each SAC member will be talking specifically with their assigned Commissioner to gain input on topics related to our efforts.

For more information about SAC, contact Elaine Houser, Senior Citizens Services Coordinator, at 248 941-5870 or housere@oakgov.com.

Message from L. Brooks Patterson, Oakland County Executive



The Area Agency on Aging 1-B celebrates the volunteer and service efforts of seniors on Older Michiganians Day in June. If you ever wondered whether one individual can make a difference, just take a look at your county government.



Oakland County, Michigan depends on thousands of volunteers to support many programs. Highlighted on this page is the senior volunteer program at Children's Village. They encounter youth who must overcome a variety of life's obstacles. It's tough work. The rewards, however, are immense.

Last year, Oakland County Children's Village began a collaborative relationship with Interfaith Volunteer Caregivers. This organization provides a variety of volunteer services in the local community. Volunteers provide Children's Village residents with a unique inter-generational experience. Programming includes activities such as interactive pancake breakfasts, games, baking, and crafts. Most importantly, the program provides the youth in care with unconditional support and guidance from caring adults. The inter-generational contact that occurs provides an opportunity for understanding and personal growth for everyone involved. The residents genuinely appreciate the time spent with them and look forward to every visit and activity. For more information on the Interfaith Volunteer Caregiver program, or to volunteer your time, contact JoAnn DeGrandis at 586-757-5551 or visit their website at www.ivcinfo.org.

The Brooksie Way Half Marathon, 10K and 5K Races utilize hundreds of volunteers to ensure that its 6,000 participants enjoy what has become one of Michigan's most popular and beautiful running events. Hundreds of volunteers also enable the county and City of Rochester to host 40,000 people at no charge at the annual Rochester Fire & Ice Festival, a family-friendly winter extravaganza. Plus, the annual Airport Open House at Oakland County International Airport in Waterford depends on hundreds of volunteers every August so families who come to tour the planes and watch a few stunts in the sky may have an enjoyable day.

Indeed, the county even relies on volunteers to improve job attraction in the county. Hundreds of business people and community leaders who are at different stages of their careers give their time to the Oakland County Business Roundtable. They spend countless hours researching and advising my administration on how to improve roads and infrastructure, quality of life, and our workforce and economic development efforts.

This is a small glimpse into the thousands who make a difference in Oakland County government. If you want to become involved, look up the programs I've mentioned at our websites:

- www.OakGov.com (Animal Control and Children's Village)
- www.TheBrooksieWay.com (Half Marathon)
- www.OCIAOpenHouse.org (Airport)
- www.DestinationOakland.com (Parks & Recreation/Fire & Ice)
- www.AdvantageOakland.com (Business Roundtable)

AAA 1-B Presents Annual Leadership Awards

The Area Agency on Aging 1-B (AAA 1-B) celebrated the commitment, service and leadership of community members, organizations and businesses who impact the quality of life of older adults and persons with disabilities in southeastern Michigan at its Annual Community Meeting "Leading Change" on May 9, 2014.

"We are witness to the passion and dedication of individuals, service organizations and corporations that contribute their energy and talents to protect and value older adults and persons with disabilities," said Tina Abbate Marzolf, CEO of the AAA 1-B. "Their leadership is inspirational and we are honored to recognize their work."

The following awards were presented on May 9, 2014:

7th Annual Sandra K. Reminga Lifetime Achievement Award

Peter A. Lichtenberg, Ph.D., ABPP

Director, Institute of Gerontology, Wayne State University

Dr. Peter A. Lichtenberg, a clinical psychologist and one of the nation's first board certified clinical geropsychologists, has dedicated his 27-year career to the research and study of gerontology and to the early detection and management of Alzheimer's disease. Dr. Lichtenberg is a professor of psychology at Wayne State University as well as the Director of both the Institute of Gerontology and the Merrill Palmer Skillman Institute. He is also the Founding Director of the Wayne State University Lifespan Alliance. Lichtenberg has contributed eight years of service to the Area Agency on Aging 1-B as a member of the Advisory Council and Board of Directors. He has over 150 peer reviewed publications, authored six books, served in leadership positions in state and national organizations, and has been the recipient of many awards, including the American Psychological Association Advancement of Psychology and Aging Award, and the Elder Law of Michigan's Call to Justice Leadership Award.



Public Service Leadership Award

Congressman John D. Dingell, U.S. House of Representatives

The nation's longest-serving, active member of Congress, the Honorable John Dingell has contributed 58 years of service advocating for thousands of older adults, adults with disabilities and family caregivers residing in southeast Michigan. His notable accomplishments include shaping our nation's policies on civil rights, clean water, Medicare and workers' rights.



Senator Carl Levin, U.S. Senate

The Honorable Carl Levin was first elected to Senate in 1978 and now stands as Michigan's longest-serving senator in the United States, representing his constituents for more than 36 years. Levin has earned a reputation as a strong supporter of our national defense, as an effective waste fighter and for his commitment to establishing a social safety net that is consistent with American values and strengthens our nation.



Corporate/ Business Leadership Award

George J. Miller, Jr., Director

Oakland County Department of Health & Human Service

Miller is a strong advocate for older adults in Oakland County, striving to create safe communities and a quality of life that promotes active and healthy lifestyle options from volunteer and educational opportunities to recreation. Miller works closely with the Oakland County Senior Advisory Council, engaging older adult leaders to increase the visibility of services in the county and build resources so that Oakland County continues to be a great place to live for seniors.



Service Provider Leadership Award

The AAA 1-B Personal Care and Homemaking Outcomes Committee worked to develop a report on the impact of personal care and homemaking services on long term care participant outcomes. The final report has been instrumental in supporting the agency's advocacy efforts to secure state funding increases. Members of the Personal Care and Homemaking Outcomes Committee are:

Greg Adair, Affordable Home Care

Travis Kelly, All Valley Home Care

Immaculata Nwachukwu, Friman Home Care

Nsuhodeidem Okon, Nurse Match Solutions

Denise Rabidou, Shared Care Services/Evangelical Homes of Michigan

Sharon Williams, Caring Alternatives

Volunteer/Community Leadership Award

The MichiganHomeCareGuide.com web site was recently developed by the AAA 1-B with the assistance and input of 12 seniors and disabled adults who receive in-home care services. The site was created for the purpose of helping to make it easier for individuals and family members to find quality in-home care. The team of 12 advisors provided invaluable insight and experience to help create an easy-to-use website that contains relevant information.

Members of the MichiganHomeCareGuide.com Committee are:

Edward Brown

Bonnie Clayborn

David Claytor

Dr. Allen Cushingberry

Jon Fognini

Katherine Kay

Ann Linda Laurie

Lucille Morris

Ann Pappas

Hersch Tinman

Michael Zerkich

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Consider a Gift to the AAA 1-B Help Vulnerable Seniors In Need



The Area Agency on Aging 1-B relies on donations from the public to provide vital services to seniors in our community—services that give them that extra help they need to stay living safely, independently and with dignity in their own homes. A donation to the agency is a gift of hope, compassion and friendship for one of our most vulnerable populations. A gift extends a hand to a senior in need.

What Can Your Donation Do?

- Provide home care that will help a senior struggling with day-to-day activities. Our Community Living Program provides extra help in the home with the things a senior may no longer be able to do for themselves—help with bathing, dressing, meal

preparation or housekeeping. It's a safety net that makes sure seniors stay safe and get the care they need.

- Bring a hot, festive meal and a friendly volunteer to a senior's door on the holidays. Our Holiday Meals on Wheels program ensures that frail, homebound seniors can enjoy a warm meal and companionship on holidays like Thanksgiving, Hanukkah, Christmas, New Year's Day, Passover and Easter.
- Make sure seniors needs don't fall through the cracks. Often seniors have needs that just aren't addressed through any specific programs. They might be in need of critical home repairs or new eyeglasses or dentures. Donations give the agency a place to turn when we see a senior in need.

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:



For 40 years, the AAA 1-B has been providing support to ensure that seniors and people with disabilities have access to resources and services they need to remain living independently and safely at home. By making a contribution to the Area Agency on Aging 1-B, you can be a part of this tradition and help improve the life of someone in need. Thank you for your thoughtful consideration. You may donate securely online at <http://www.aaa1b.org/donations/> or call the AAA 1-B at 800-852-7795.

Calendar of Events

Senior Fun Festival

A fun day of health, wellness and safety
Friday, June 20, 2014
10 am to 3 pm

Gibraltar Trade Center, Inc.
237 N. River Road
Mt. Clemens, MI 48043

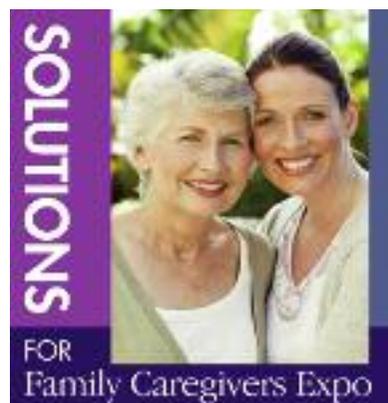
Demonstrations, live music and dancing, raffles, all day bingo, photo booth, health screenings and vendors. Free admission and free parking! For more information, call Macomb County Office of Senior Services at 586-469-5228.

Livingston Senior Power Day

Friday, August 1, 2014
9:00 am to 3:00 pm

Location to be determined

Vendors until 1 pm, presentations, live entertainment, and door prizes. Lunch served at noon (reservation required). Sponsored by the Livingston County Consortium on Aging. For more information, call Mark Swanson at 810-923-4173.



The AAA 1-B Celebrates the 15th Anniversary of the Caregiver Expo

Saturday, October 18, 2014

9 am to 2 pm

Sterling Inn Banquet & Conference Center
349100 Van Dyke Ave at 15 Mile
Sterling Heights, MI

Educational seminars, exhibitors, information, referral and advice from the experts, on-site respite care, morning refreshments, giveaways and raffle prizes. It's free and all under one roof! For more information, call the AAA 1-B at 800-852-7795, or visit www.michigan caregiver expo.com.



Advocacy • Action • Answers on Aging



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

Vision

Area Agency on Aging 1-B will lead regional efforts to ensure that older adults, adults with disabilities, and caregivers achieve their 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

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

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