

ACCESS

Explore housing options that match your lifestyle.

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Your Link To Community Resources

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

Unique Program Helps Nursing Home Residents Move Home

Barbara VanDerhoof had been living in a nursing home in Howell for nine months when she learned about a unique program - the Nursing Facility Transition (NFT) Program - that could help her leave the nursing home and move into her own home with supportive services.

"The nursing home was fine," explained VanDerhoof. "They gave me good care. It just wasn't the same as having a home."

VanDerhoof's condition makes it hard for her to do many daily activities. She has severe arthritis and is on an oxygen tank. Getting dressed, making a bed and cooking are almost impossible. She lived with her daughter until she was admitted to the hospital - and then the nursing home - after a bout of breathing difficulty. While she was in the nursing home, her daughter's family situation changed and the nursing home became VanDerhoof's only option. A few months later a nursing facility employee told VanDerhoof about the NFT program and called the Area Agency on Aging 1-B (AAA 1-B) on her behalf.

A care manager from the AAA 1-B, Sarah Jacobs, was assigned to VanDerhoof's case and visited VanDerhoof right in the nursing home. Jacobs got to know VanDerhoof's needs and began working with her one-on-one to find housing that was affordable and could provide the care and support she needed to live safely and comfortably on her own.

"A local assisted living facility fit the bill," said Jacobs. "It provides the extra care and support she needs and because Medicaid's MI-Choice program pays for the care portion, it's affordable." An aide comes to help VanDerhoof get washed and dressed in the morning, while another comes to help her get to meals in the dining room. The staff at the facility also takes care of the housekeeping. The Nursing Facility Transition Program also provides a Personal Emergency Response System that VanDerhoof can use if needed.

"It's the perfect place for me," said VanDerhoof, noting that she never thought she would have a place of her own again. "There are activities every day. There is always something to do and someone to talk to." VanDerhoof said that one of the things she likes best about being in her own place is the ability to have her grandchildren visit. "I keep a few toys here for them and there is space for them to play," she said. "There really wasn't room for that in the nursing home. They like to come here too. It's nice to hear them say they like going to 'Grandma's house.' Who would have thought I would ever

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Organizing yourself for a downsize move

Ann, 86, lived in Oakland County for 35 years before a fall in her two-story townhome caused a broken hip. "She decided to move because she wasn't able to live comfortably with the bedrooms upstairs and the laundry room in the basement," said daughter Judy, also a resident of Oakland County.

Ann had friends at a Fox Run independent living community and liked the active environment. But to relocate, she would have to scale back, getting rid of things she collected over the years, as well as belongings of her late husband.

Ann and Judy realized this would be a daunting task. "We decided to go with Susan Thomas of Movers and Shakers, LLC," said Judy. Thomas's company manages every aspect of a downsize move including home staging; finding a new location for possessions (i.e. via estate sale, auction, consignment, eBay, charitable organization, or recycling); and designing organization systems for a smaller living space.

Thomas, a professional organizer, started Movers and Shakers after relocating her ninety-one year old father from the family home of over fifty years to a nearby independent living facility. She saw her father pressed with decisions every step of the way. "It's an emotional task to let go of so many possessions all at once," she said.



Movers and Shakers owner Susan Thomas (pictured on right)

She organized people's homes for years, but through this experience with her father she clearly saw the potential of a booming market and shifted her focus to organizing older adults for a downsize move. "It wasn't long before I had more seniors calling for service," she said.

Thomas begins the process with a free consultation which serves two-fold. "It's an opportunity to get to know one another and it gives me a chance to analyze the situation to see what's involved in the move." The end result is a goal driven plan and an estimate.

When it comes to financing the move, Thomas presents options. The estimate can include all services that will be required for the move with a price breakdown, making the decision stage easier. "We can orchestrate the entire move; a portion of the move; or we can provide support and guidance at an hourly fee," she said. But above all, Thomas empowers the older adult in the decision making process.

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Unique Program Helps Nursing Home Residents Move Home continued from page 1

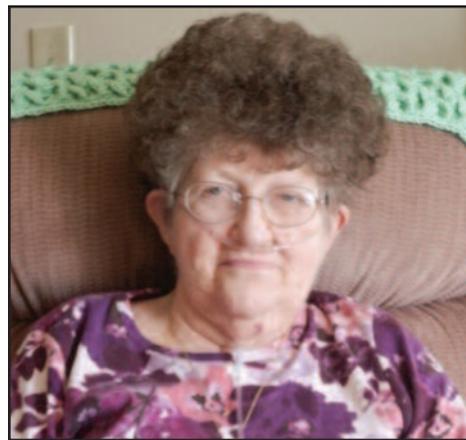
hear them say ‘Grandma’s house?’”

Jacobs explained that while an assisted living facility was right for VanDerhoof, there are lots of options for people looking to leave the nursing home. “Participants can move back to their own homes, move in with family members, or move into an apartment, an assisted living facility or an adult foster care facility,” she said. “We work to find a situation that is right for them.”

The AAA 1-B is looking for nursing home residents who would benefit from the NFT Program. Those eligible for the Nursing Facility Transitions Program are typically on Medicaid, have the ability to be successful outside the

nursing home with extra supportive services and are unable to leave the nursing home for a variety of reasons. “They no longer need that intense level of around-the-clock care that a nursing home provides, but are still living in a nursing facility because they face a barrier of one type or another that is keeping them from moving out,” explained Jean Jacques, AAA 1-B clinical manager for the Nursing Facility Transition Program.

“Sometimes they are still in the nursing home because they have lost the home or apartment they were living in before they were admitted and they have no place to go back to. Sometimes



Barbara VanDerhoof

they are there because they need their home modified to make it accessible

and livable. Sometimes they need some supportive care once they are home and don’t know they would be eligible for help at home.”

NFT is administered locally by the Area Agency on Aging 1-B (AAA 1-B) and funded by the Michigan Department of Community Health—the agency that manages the state’s Medicaid Program. If you would like to know more about the Area Agency on Aging 1-B’s Nursing Facility Transition Program or you have a friend, neighbor or loved one that you think might benefit from the program, please call the Area Agency on Aging 1-B at 800-852-7795.

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

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



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Downsize move continued from page 1

As an organizer, there’s a lot of information that Thomas gathers on the walk-through. For example, when she sees hand-written notes posted, she knows this client is visual and would benefit from an organization system of well-labeled, clear plastic containers. “In order to feel comfortable, this client should instantly see what’s stored inside,” Thomas noted.

People affected by the Great Depression may have a hard time letting go of possessions. “This client needs choices,” said Thomas. An example would be a collection of twenty flower vases. Thomas will sort like items together to provide a visual of how many of this similar item they have. “I’ll ask the client to pull out their top three favorites.” The others go into a box for family, charity, or recycling. “We’re big believers in recycling, repurposing and disposing of materials properly,” Thomas stated.

“I explain that we’ll take the favorites, but if there isn’t room when we get to the new home, it can go into one of the other boxes for repurposing.” The choice often becomes easier when you can see how the belonging would fit in the new space. Add a fresh cut flower to the additional vases and now they can be given to potential friends at the new location. Thomas mentioned, “When you witness the joy your possession can bring to someone else, it takes away the guilt associated with hanging onto it.”

A local donation management company Thomas works with is Humble Designs. Thomas enables her client to provide a little history about the donated possession and furnishes both the belonging and the explanation to Humble Designs, who in turn gives a family in need the item along with the note. Humble Designs then sends Thomas a photo of the recipient with the donation. The act of giving comes full circle. She explained, “My clients are rewarded with a sense of peace and joy

when they see the happiness that their belonging brought to someone else.”

Weaving happiness, compassion, empathy and laughter into the relocation is a common theme with Movers and Shakers. “Our goal is to clarify and simplify the move. We’ll take the guess work out of the equation by creating manageable goals, easy-to-read charts, and timelines,” said Thomas. She recommends a month lead time for an optimal move. “When the client can see that we’re staying on task and progressing towards our objectives, it provides a sense of assurance.”

Thomas also presents a floor plan of the new home so the client can visualize how the furniture and belongings will fit in the new space. To create a sense of comfort and continuity Thomas noted, “We’ll recreate the layout of their old home in the new space.”

Judy considered this to be a highlight of her mom’s move. Ann felt right at home. “Susan even brought breakfast the morning of the move to make sure mom took time to eat.”

On move-in day, boxes are labeled and numbered according to the room where the contents will be stored. The client receives an inventory sheet of this along with the box contents. This way, belongings are easy to track. The bathroom, bedroom and kitchen necessities are unpacked first. These are areas which get the most use.

Following the move, Thomas checks back with residents to make sure everything is in order. “I’ll bring a little surprise, tweak anything that needs attention, and see how our client is adjusting to their new home,” she said.

After experiencing a downsize move, Judy suggested, “Get rid of things you don’t need or use before you have to move.” She added, “Give yourself plenty of time and take advantage of companies like Movers and Shakers to prepare, pack and unpack.”

ASK the expert



Bob Johnson is a CAPS specialist builder with the Johnson Building Company.

Designing your home to age in place

Imagine being able to remain safe in the comfort of your home for the rest of your life. This can be your reality if you enlist the services of a builder who is a Certified Aging in Place (CAPS) Specialist to transform your home into

a safe haven as you age. Most CAPS builders will offer a complimentary visit to evaluate your home, discuss what modifications could work best for your lifestyle, and provide an estimate of labor and materials to complete the job.

When I consult with people, most are dealing with a particular issue. Sometimes it's a person coming home from the hospital after a hip injury and they require an immediate solution in order to access their home in a wheelchair, but almost always, there are other issues in the home that also need to be addressed.

For example, looking ahead, these are a few aspects to aging that you might experience along with modifications that can be done to keep you safe:

Prepare for vision changes in your 50's:

This is the perfect time to examine lighting that works best for eyes as they age. When you can't see properly, you're more likely to trip. Invest in lights that automatically switch on when you walk into a room. This way, your path is always well lit. They also can be adjusted to switch off when

movement ceases, while retaining the ability to manually flip the light on and off. CAPS certified builders can recommend lighting that works best for your eyesight. Other simple modifications to manage this stage include:

- Installing lever door knobs so that you don't have to grab and turn handles. This is convenient if you're carrying things and need to get into a room.
- Mounting a peep hole into your front door for security purposes.
- Using contrasting colors for certain traffic areas where the elevation changes so that, as your eyes age and balance issues crop up in your sixties, you'll be able to clearly distinguish one level from the next. This is also applicable for stairs.
- Remove any rugs that lack a rubberized backing.

Balance issues can crop up in your 60's:

This is a good time to have grab bars installed in the bathroom shower, tub area and beside the toilet. Other simple modifications to manage this stage:

- Create safe pathways by moving furniture that, even in a minor way, obstructs traffic areas.
- Mount dual rails on walls in stairwells so you have the option of

holding on with two hands as you go up and down the steps.

Lean muscle loss can cause mobility problems in your 70's:

This is a good time to be in a one-level home and to prepare your place for the possibility of future mobility-loss. If your home is already modified for a walker or wheelchair, you'll maintain the option of returning home as you recover. Widen doorways, install a roll-in shower and comfort-height toilet; and either add ramps or use these to replace home entrance and exit steps.

To locate a reputable CAPS builder near you, check with the Home Builders Association of Southeastern Michigan at www.builders.org or call 248-737-4437.

Bob Johnson is a CAPS specialist builder with the Johnson Building Company and has been in the remodeling business for the past 35 years. He's a member of the board of directors for the remodelers group of the Homebuilders Association of Southeast Michigan. Johnson Building Company was named "Remodeler of the Year" in 2005 and is best known for modifications they've done for people with disabilities and special needs.

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

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Grand Blanc (810) 936-4572	Elmwood (248) 686-2307	Carpenter (734) 385-4186
North (810) 936-4571	Farmington Hills (248) 438-5379	
	Hazel Park (248) 430-7951	
Macomb County	Milford (248) 507-4814	Wayne County
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East II (586) 838-1013	Regent Street (248) 683-1010	Livonia (734) 629-4697
Lakeside (586) 439-5836	Royal Oak (248) 556-3047	Riverview (734) 441-3638
Sterling I (586) 580-4854	Southfield (248) 419-4149	Southland (734) 984-4167
Sterling II (586) 580-8777	Stone (248) 237-3613	Westland Hunter (734) 403-4313
	The Village (248) 686-2526	Westland Joy (734) 367-4861
Northern Michigan	Troy (248) 566-6082	Westland Venoy (734) 403-4540
Charlevoix (231) 547-2559	West Bloomfield (248) 438-5526	
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Explore housing options that match your lifestyle



Get answers to these questions before you sign documents and move in...

- a) What does my monthly fee cover?
- b) What extra services are available and at what cost?
- c) Can I expect a rate increase and if so, how often? How much advance notice will I receive?
- d) Could I get a copy of your rate history for the past 5 years (You have a right to this information if you are buying into a facility. Review the documentation to see if the institution is financially stable).
- e) Explain your refund policy.
- f) What happens if I am unable to pay?
- g) What should I expect if my health deteriorates, resulting in a need for an increased level of care?
- h) Could services be terminated by the facility? Please explain.

There's a myriad of places you can call home once you reach age 55 and older. This is due, in part, to the demand of a graying baby boomer generation. To meet the needs of this expansive demographic, housing options of the past have been infused with fresh ideas and enhanced with technological advancements. Let's take a look at what's currently available in selecting the best option for you.

When should you begin your search and how do you proceed through the sea of choices?

There's no time like the present to contemplate your next move before it becomes necessary. You can be the one to decide, which helps to avoid the stress that stems from a lack of planning. Become familiar with the housing terms that distinguish one residence from another within the senior market to make preparing for your future residence easier. If you're a veteran, check with the Veterans Administration 800-827-1000 to see if you qualify for senior housing benefits.

Start the process by examining your personal preferences, overall mental and physical health, as well as your finances. You can take an online assessment at www.alternativesforseniors.com. Click on 'evaluation tool' to see which housing selections may be the best fit for your lifestyle. Then match your results with our list of housing options found here.

Aging-in-place with all the comforts of home

Most people don't want to admit that they're getting older, but it's this form of denial that often leads to needless injury and potential disability. According to Michigan's Office of Services to the Aging, one-third of adults age 65 and older fall each year, with more incidents occurring at home than any other location. Of that group, 20 to 30% endure moderate to severe injury which threatens independence and increases the risk of premature death. However, this can be prevented by prepping your home to meet each stage of the aging process. Aging-in-place is when you modify your home to remain there safely for as long as possible. This can be the most preferred and affordable choice.

Consult a builder with a Certified Aging in Place Specialist (CAPS) designation (See Ask The Expert on Page 3 and see Caps Certified Modifications Improve Access and Mobility for People with Disabilities on Page 8). They've undergone

specialized training to recognize the effects of aging. They'll utilize specific building modifications to keep you secure and at ease as you age. During an initial consultation, which is most often free of charge, the builder will evaluate your home and develop a plan for aging in place modifications. Work can be done all at once or in stages, depending upon your financial situation.

Once you've retrofitted your home, you may want to add some exciting technological advancements like...

- Monitors and touch pads throughout the home to virtually connect you with assistance in the event of an emergency.
- Technology that enables you to connect socially with others remotely via computer screen, be it family and friends or your physician consulting with you by means of a video conference session.
- A toilet seat with a sensor that lights up when you approach so that you don't have to risk injury trying to find the bathroom light. A red light indicates that the seat is up; if it's green, go ahead and sit down. The Lav Nav is \$39, operates on two AA batteries, and attaches to the inside of the seat.
- Medication dispensers that can be filled for a month's use and dispensed daily, with a monitoring device that contacts your physician and family if medication is missed.
- Music therapy offered through Coro Health 512-476-2646, designed to reduce symptoms, like anxiety or memory loss for example, and can be downloaded to a high tech device (computer, iphone, ipad). Customized playlists treat specific conditions according to beats per minute, volume, vocal range, and selection order at a cost of \$9.95 a month.

The Area Agency on Aging 1-B can help you access companies that provide the technology mentioned above, and other programs and services including: a list of home care providers; transportation assistance; personal care; chore services; a home injury control program; adult day care listings; respite care programs; and community living services that can assist you as you live at home for the long run. Contact a trained specialist at 800-852-7795 who can provide information as to what's available in your area.

Benefit: Remain in the place you've come to know and love with an added sense of security.

Drawback: Advanced planning is necessary to produce the best outcome.

Check it out: Ask the builder to supply references and contact these individuals. See if the builder is in good standing with the local Home Builder's Association.

Costs vary depending upon the builder and the modifications.

Echo housing (aka Elder Cottage Housing Opportunity)

If it's not possible to remain in your own home, you may want live near family, while maintaining your space and independence. Talk with family about the possibility of erecting a 288-800 square foot, self-contained, prefabricated home on their property which can be installed within days, then removed and sold if necessary. Visit www.sidekickhomes.com; www.socalcottages.com; or www.medcottage.com for more information.

Benefit: Family is in close proximity.

Drawback: You'll need to check out city zoning codes to see if senior echo housing is permitted within the community.

Check it out: Contact the Better Business Bureau and to see if complaints have been filed before you make a purchase decision. Visit online at www.bbb.org.

Cost to buy a cottage can run \$7,450 on up. Charges for installation and utility hook-up are additional.

Independent senior living facilities (aka senior apartments, condominiums, share-care homes, retirement homes, urban villages, naturally occurring retirement communities (NORC) or congregate living)

Other than living in your own home, this option is the least restrictive, supervised, and regulated. Residents, usually age 55 and older, live without assistance.

Benefit: Independent senior living facilities promote an active lifestyle, social involvement, and a sense of community. There may be a variety of amenities and activities to choose from. Some housing options are subsidized by the Department of Housing and Urban Development (HUD) depending upon a senior's income level.

Drawback: May have a long waitlist and strict residency criteria. In addition, you may incur a non-refundable community (entrance) fee, which averages \$750 to \$1,500 and covers renovation expenses and administrative costs.

If your health condition changes, and you require additional assistance with personal care, house cleaning or meal preparation, an Independent Living Facility, may not provide this level of care, or may require additional payment for these extra services. You may also choose to hire an independent company or individual to provide the extra assistance and support you need.

Check it out: There's nothing like word of mouth. Talk to residents to see what they like and dislike about the facility.

Cost averages \$1,250 - \$3,160/month in Michigan according to www.seniorhomes.com.

Assisted living residential care (with or without a dementia/ Alzheimer's unit)

Macomb county resident Phyllis Oskoian, 91, lived in her Sterling Heights home for over thirty years. Following a series of falls, accompanied by declining health, the question arose, "Could Oskoian continue to live on her own at home?"

Daughter Nancy Karpinski recalled, "Of course, I wanted to do what was best for my mom. We tried living with her at her house for awhile and that didn't work too well. So, we switched and moved mom to our home, removing all safety hazards. That didn't work well either." Karpinski found that in each



Phyllis Oskoian enjoying her new home.

situation, her mother was most at risk while alone. "We looked into homecare, but after adding up the costs, it turned out to be comparable to the cost of residence in an assisted living facility," Karpinski said.

Assisted living defines a variety of residential facilities, either licensed or unlicensed, that provide room and board coupled with a measure of supportive services (some at an additional cost) and recreational activities.

Karpinski visited many assisted living facilities in the area before narrowing the list to three favorites. "The top contenders had to exude a warm, welcoming feel and the facility needed to be very clean and in excellent condition. Same for the resident's...were they properly dressed? Clean? Engaged? Did they appear happy? How did staff and residents act towards one another? After all, this is my mother and I had to be able to trust these people with something extremely precious and dear to me," explained Karpinski.

"We felt the staff at the facility we chose truly put the resident's care above all else," said Karpinski. "Every discipline deserves a salute and a deeply felt thank-you due to the fact that since arriving there, mom now eats three well-balanced meals a day, her social activity has greatly increased, her strength has improved and she hasn't fallen. Overall, it's gone remarkably well."

Benefit: Leave the cooking and upkeep to skilled staff while you enjoy a variety of social activities and opportunities to exercise your body and mind.

Drawback: This option can be expensive and the monthly fee can increase with the standard cost of living or if additional services are required.

Check it out: When you buy into one of these companies/corporations, you have a right to request financial documentation (i.e. last income tax statement, etc.) so that you can assess the firm's fiscal stability.

Average cost per month in Michigan is \$3,425. Alzheimer's/dementia care is provided at an additional \$1,150 per month (Data provided by Genworth Financial Inc. and the US census bureau).

Adult foster care (a form of assisted living for adults of all ages)

This is a home environment for older adults who need supervision 24/7 but don't require continuous nursing care. Amenities include room and board, and laundry service. Care may include assistance with activities of daily living (grooming, bathing, dressing, toileting, walking, eating and medication dispensing).

Benefit: The foster family provides a nurturing environment and emotional support in a more intimate home setting.

Drawback: Residents can be of any age and there may be a waitlist to get in.

Check it out: Contact the Office of Children and Adult licensing for inspection reports and filed complaints at 877-856-1026.

Average cost in Michigan is \$2,000/month.

Home for the aged

This is another form of assisted living and it has the same offerings as Adult Foster Care, but this option is strictly for adults age 60 and older.

Benefit: Can be a more intimate setting than a nursing home.

Drawback: State licensing is not required for Michigan facilities with less than 21 occupants.

Check it out: (See adult foster care)

Average cost in Michigan is \$2,000/month.

Skilled nursing home/rehabilitation facilities

Facilities provide certified medical and personal care 24/7 as well as meals. The facility may provide short term or long term care.

Benefit: A team approach of certified staff manage your medical and personal needs round the clock. Medicaid coverage is available for Michigan residents who meet eligibility requirements.

Drawback: Short term care is covered in full by Medicare for the first twenty days (per illness) and remaining days are subject to a co-payment (\$144.50 per day in 2012). Long term care is covered by long term care insurance, private pay, or Medicaid.

Check it out: Visit www.caregiverlist.com and www.medicare.gov/nhcompare to see how your choices rank and to review Medicare inspection information.

Average cost of a semi-private room in a Michigan skilled nursing home runs \$6,690/month, according to Skillednursingfacilities.org.

Continuum of care retirement community

One campus can serve all of your needs as you age. Various levels of care are available within a variety of housing facilities within this retirement community.

Benefit: You buy into a plan upfront and remain in a community that embraces you as you advance in age. Many communities have thought through every detail to meet your every need.

Drawback: There may be additional fees to pay for those details, including housekeeping, meals, transportation, and social activities.

Check it out: (Same as for assisted living facilities)

Average cost for the entrance fee can range from \$100,000 to \$1,000,000 and monthly fees average \$3,000 to \$5,000. Cost can increase as needs change.

Experience the Oakland County Parks!

Seniors can stay active or relax and enjoy the serenity of the 13 Oakland County Parks. Enjoy 65 miles of hiking trails, five golf courses, two campgrounds, two nature centers, three dog parks, numerous enrichment programs and a county market.

Oakland County Parks welcomes you to our friendly volunteer corps. Whether you have a knack for arts and crafts, enjoy helping people, are a dog-lover or just enjoy outdoor activities and nature, we have your volunteer opportunity! Volunteering helps seniors stay active and involved in enjoyable activities.

A Little Extra Help

The parks system offers special equipment to make seniors' park experiences easier. Enjoy easy access to all facilities, trails, picnic areas and docks from parking lots. Seat canes help on the trails and special carts assist golfers. Hand-operated paddle boats are available at two parks. Resting benches allow for breaks during trail walks. There are even special bikes and skis for those with physical disabilities!

Golf Fore All

Seniors enjoy discounted rates at all Oakland County Parks Golf Courses. Register for golf lessons, four-person scrambles or golf leagues. Special golf equipment is available for individuals with limited mobility. Call the course at least 24 hours in advance to reserve.

Oakland County Parks' five golf courses welcome novice and expert golfers. Discover our premier course, 18-hole Arthur Hills-designed **Lyon Oaks**, in Lyon Township. **Glen Oaks** in Farmington Hills, **Springfield Oaks** in Davisburg and **White Lake Oaks** in White Lake all offer 18 holes. **Red Oaks** in Madison Heights features a nine-hole executive course.

Explore the Natural World

Seniors can enjoy a variety of nature programs year-round at **Red Oaks** and **Wint Nature Center**. The **Wint Nature Center** in Clarkston provides hands-on natural history exhibits, as well as a feeding station viewing area. Nestled in a unique 38-acre wooded habitat in Madison Heights, the **Red Oaks Nature Center** hosts nature interpretive programs and exhibits that include live, native animals.

Got Grandkids?

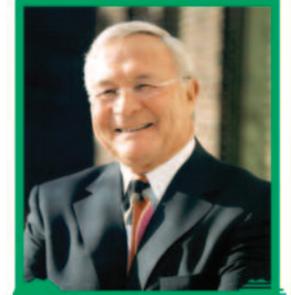
If you're looking to make some good old-fashioned summer memories with your grandkids, there's plenty of fun for all ages at the Oakland County Parks.

- Two award-winning waterparks are on the summer A List! Choose **Red Oaks Waterpark** in Madison Heights or **Waterford Oaks Waterpark** near Pontiac for a splashing good time with family and friends! There's plenty to keep the kids busy while grandparents float in a tube, swim or just soak up some sun.
- Embark on a new adventure or continue outdoor family traditions by camping at **Addison Oaks** in Leonard or **Groveland Oaks** in Holly. Both parks offer cabins and modern individual and group sites. The award-winning campground recreation program includes crafts, games, music and more to keep kids active. Teach a youngster how to fish or take a walk on easy trails.
- Year-round educational programs are conducted at two nature centers by the parks system's natural resources staff. Both nature centers are great venues for sharing a love of the natural world.
- Put your bark in our parks! Bring your four-legged friends to frolic off-leash at three fenced dog parks within the Oakland County Parks system. All three dog parks offer picnic tables, benches and shaded areas.
- Cultivate your green thumb at **Waterford Oaks Greenhouse** where indoor and outdoor garden plots are available for lease; staff is onsite for support. Gardening is a valuable experience for all ages.
- There's a lot of good old-fashioned fun in store at the Oakland County Fair, July 4 – 14 at **Springfield Oaks County Park** in Davisburg. Senior Day is Monday, July 8 and includes free admission for seniors from 9 a.m. – 5 p.m., a free breakfast from 9 – 10 a.m., Senior Bingo from 11 a.m. – 1 p.m. and a grandparents' contest. Exciting rides, delicious food, a rodeo, circus, petting zoo and a miracle of life exhibit are just a few of the attractions. Youngsters love to visit with and learn about the various animals that 4-H Club members raise and show in competition.
- Hop on a bus! Local senior centers are accepting registrations for low-cost senior bus trips to activities and events at the Oakland County Parks.

There's something about nature that replenishes your brain, according to scientific studies. Stay healthy and make some lasting memories at your Oakland County Parks!

**Call 248.858.0906 or visit
 DestinationOakland.com
 for more information.**

Message from L. Brooks Patterson, Oakland County Executive



Enjoy Oakland County Parks!

I've said it before and it bears repeating:

Oakland County residents enjoy a quality of life that is second to none. As your county executive, it is my belief that to maintain our quality of life, we must create initiatives, events and spaces where residents can lead active and healthy lifestyles. A key component of our strategy is Oakland County's world-class parks system, which 1.5 million individuals visit each year.

Senior residents may choose from among 13 county parks with a total of 6,700 acres of natural landscapes and outdoor recreation, five county-operated golf courses, 68 miles of biking and hiking trails, and well-preserved open spaces – places that not only preserve the natural beauty of Oakland County, but also offer safe and serene settings for family outings and gatherings.



Each park offers a wide variety of year-round recreation ranging from summer activities such as golfing, picnicking, swimming, boating, camping, and hiking to the winter activities of cross-country skiing, ice skating and ice fishing. These are opportunities to improve your mental and physical well-being, to connect with nature, and to strengthen the bonds with your family members or make lifetime memories with your grandkids.

Some seniors may also volunteer a few hours a week at the county parks. Whether you have a particular skill which can be passed on to others or just want to enjoy the fresh air while working outdoors, the parks may have a niche for you to fill.

Oakland County Parks has so much to offer our residents, from seniors on down to their grandchildren. To explore your options, go to www.DestinationOakland.com. There's a county park near you. Oh, and don't forget to ask about senior discounts.

Annual Meeting Awards

The Area Agency on Aging 1-B (AAA 1-B) honored community leaders, organizations and businesses for their work to improve the quality of life of older adults and persons with disabilities in our region at its Annual Community Meeting on May 10, 2013. The following awards were presented:

7th Annual Sandra K. Reminga Lifetime Achievement Award



Dian Wilkins, President and CEO, Alzheimer's Association – Greater Michigan Chapter

During her 40 year career in human service management, Wilkins has displayed a high level of commitment, passion and dedication toward improving the quality of life of older adults and family caregivers in Michigan. As the President and CEO of the Alzheimer's Association – Greater Michigan Chapter for more than 28 years, Wilkins was a leader in responding to the unique needs of people with dementia and their family caregivers. Wilkins started the first in-home respite care program specifically serving individuals with dementia in southeast Michigan and was a founding member of the Southeast Michigan Senior Collaborative.

Corporate/ Business Leadership Awards

Beaumont | HEALTH SYSTEM



HENRY FORD
MACOMB HOSPITALS



Beaumont Health System, Henry Ford Macomb Hospital and McLaren Oakland Hospital are the founding hospital partners in the AAA 1-B's ground breaking Care Transitions program. Working together, the hospitals and the AAA 1-B have reduced hospital re-admissions for high-risk Medicare fee-for-service participants by between 16 and 19%. The hospitals' high quality care, in combination with the AAA 1-B's post discharge coaching helps patients to take charge of their recovery and avoid preventable re-admissions as they transition back to the community.

Volunteer/Community Leadership Awards



Jan Dolan, Member and Past Chairperson, AAA 1-B Board of Directors

Jan Dolan has been a member of the AAA 1-B's Board of Directors for 14 years, serving as Chairperson of the Board for six years. In her work as Mayor of Farmington Hills in 1978 and 1985, as a state representative from 1989 to 1996, and a member of the Farmington Hills City Council from 1976 to 1988, Dolan has been a strong advocate for older adults and persons with disabilities in her community. She has impressive experience serving on many local boards, including Botsford Commons Senior Community, Oakland Community College Foundation and Farmington Hills Police Advisory Board.



**Robert Fox, 1st Vice Chair
AAA 1-B Advisory Council**

Bob Fox is a tireless champion and passionate advocate for the protection of Michigan's most vulnerable older adult population. He has logged more than 114 counseling hours as a Medicare Medicaid Assistance Program (MMAP) volunteer, is a member of the Elder Law of Michigan Advisory Council and has been a member of the AAA 1-B Advisory Council since 2009, currently as Vice Chairperson. Bob also represents the AAA 1-B as a member of the Michigan Senior Advocates Council (MSAC), and currently serves as MSAC's Chairperson.

Public Service Leadership Award



Honorable Derek Meinecke, 44th District Court Judge, City of Royal Oak, Oakland County

The Honorable Judge Meinecke has served as a tremendous advocate of older adults, working to combat elder abuse and protect vulnerable seniors in southeastern Michigan as assistant prosecuting attorney in Oakland County in the Special Victims Unit and as District Court Judge in the City of Royal Oak. He is also a long-time member of the Oakland County S.A.V.E. taskforce and, in 2011, was honored by the task force with the "Courage to Lead" award.



Eric J. Smith, Prosecuting Attorney, Macomb County

Smith's dedication to protecting vulnerable seniors in Macomb County is evident by his tireless commitment to developing and implementing the Stop Crimes Against Macomb Seniors (SCAMS) Unit. The unit dedicates prosecutors and investigators to protect and handle crimes exclusively against older adults. The County also offers a senior crime victim advocate dedicated to helping older adults recover from their losses.

Service Provider Leadership Award



Through the leadership of Executive Director Karyn Dombrowski Curro, the Interfaith Volunteer Caregivers (IVC) coordinates a network of more than 500 volunteers to provide much needed respite, friendly visits, transportation, and other services for older adults and family caregivers in Macomb and Oakland County. After serving Macomb County since 1992, IVC expanded its' services to Oakland County in 2011.

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CAPS Modifications Improve Life at Home for People with Disabilities

David S. Compo of Compo Builders, Inc., specializes in Universal Designs, of which 'easy entrance,' 'easy passage,' and 'easy use' are all hallmark terms. Compo stressed the importance of using a CAPS certified builder when building a ramp or other type of access in and out of a home. "CAPS certified builders are trained to put forth great care and thought into redesigning your home," said Compo, who has been in the business for 33 years.

"Thoughtful design is necessary to ensure the type of railing used meets with the Americans with Disabilities Act requirements," said Compo. "It's also imperative that the required pitch

and width of the ramp are constructed to properly accommodate walkers and wheelchairs."

As to other innovative concepts, Compo said, "There's a cook top that can be lowered from its standard position, giving someone in a wheelchair the opportunity to cook at a comfortable height and then simply push a button to return the cook top to its original position." Compo continued, "We've also designed a walk-in closet over a walk-in closet that has a removable floor section and a shaft with reinforcement to prepare for the possibility of an elevator, should this become a future necessity."

Compo Builders, Inc., awarded the 2013 Builder of the Year by the Home Builders Association of Southeastern Michigan, is scheduled to build a home for a disabled veteran on a lot in Redford that the company will donate. Compo Builders is looking for other veterans in need so Compo employees with a CAPS certification can put their instruction to good use.

To locate a reputable CAPS builder near you that specializes in universal design, contact the Home Builders Association of Southeastern Michigan at www.builders.org or call 248-737-4437.



Advocacy • Action • Answers on Aging

Mission

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



Information and Assistance Service

Resource specialists can quickly answer questions and access information for callers using a computerized database listing over 5,000 senior services and 2,000 providers in southeast Michigan. Call toll-free, 800-852-7795. Hours are 8 a.m. - 5 p.m., weekdays. You can also visit www.aaa1b.com

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Older Michiganians Day Invites Seniors To Speak Out in Lansing



OLDER MICHIGANIANS DAY

Older Michiganians Day (OMD) has become a state tradition, bringing together more than 700 older adults, family members, caregivers, and advocates on the lawn of the State Capitol each year to advocate for policies and services that allow Michigan's older adults to live and thrive independently and in the settings they prefer. This year's OMD will take place on Tuesday, June 4, 2013 from 10:30 a.m. to 2:30 p.m. at the State Capitol in Lansing.

The theme of the 2013 OMD is "Healthy Aging = Healthy Michigan" and will feature a presentation of the Senior Citizen of the Year Award by the Michigan Office of Services to the Aging, which is 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 with the presentation of the Claude Pepper Award (individual) and the Diana C. Jones Award (organization).

Senior advocates will take part in dozens of meetings with their legislators to discuss the issues that they are most concerned about and share the top priorities of the OMD advocacy platform. This year's platform urges Michigan Legislators and the Governor to:

- Invest in results-oriented solutions to health and long term care challenges that will save Medicaid dollars
- Provide resources to assure a healthy senior population and a healthy Michigan
- Protect the rights of seniors for community health and safety

"We are grateful to our sponsors Blue Cross Blue Shield of Michigan, Consumers Energy, and Health

Alliance Plan," said Ryan Cowmeadow, Advocacy Specialist at the Area Agency on Aging 1-B. "These generous companies make the event possible. They provide volunteer support throughout the day, a nutritional boxed lunch and tents for shade from the sun or rain for our older adults and advocates in attendance."

We encourage you to be a part of this exciting event. For ticket information, please contact Ryan Cowmeadow at 248-262-1282, or visit oldermichigiansday.com.

The event is sponsored by these generous companies:



Calendar of Events

90 and Beyond Luncheon

Thursday, June 13, 2013
11:30 a.m. - 1:30 p.m.
360 South Bates Street
in Birmingham, Michigan 48009

Call for reservations 248-644-5832 or visit online at www.tchsserves.org

The Birmingham Community House is hosting a luncheon celebration to recognize those who've reached the milestone of age 90 on up. Complimentary admission for those age 90+ thanks to Bank of Birmingham

and \$35/per person for those 89 and younger. Complimentary valet courtesy of Heartland Healthcare Centers.

26th Annual Livingston Senior Power Day

Friday, August 2, 2013
9:00 a.m. to 3:00 p.m.
Pinckney High School
10255 Dexter-Pinckney Road
Pinckney, Michigan 48169
Visit with more than 60 vendors; attend the keynote presentation at 10:30 am; enjoy lunch served at noon (reservation is required. Call your local Senior Center to make a lunch reservation); live entertainment and door prizes at 1:00 pm. The event is presented by the Livingston County Consortium on Aging. For more information, call Mark Swanson at 810- 923-4173.

Caregiver Expo

October 12, 2013
9:00 a.m. to 2:00 p.m.
Suburban Collection Showplace
Novi, Michigan
Free and open to the public



Visit with more than 100 exhibiting companies and nonprofit organizations, attend presentations on relevant topics, enjoy refreshments, and win prizes. The 14th Annual event is sponsored by AAA - The Auto Club Group; Christopher Berry Elder Law Attorney; Gaggos Law Firm, PC; American House; Guardian Medical Monitoring; Meridian Health Plans; Personal Touch Home Health Care Services; Waltonwood; Jim Schuster, CELA; SMART; Hospice of Michigan, DMC Huron Valley-Sinai Hospital and Visiting Angels. For more information, call 800-852-7795, email Sallie Justice at sjustice@aaa1b.com, or visit the website at www.michigancaregiverexpo.com.

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