

ACCESS

Local Hospitals
Tailoring Services
for Seniors
Pages 4 & 5



Your Link To Community Resources

Vol. 14, No.3

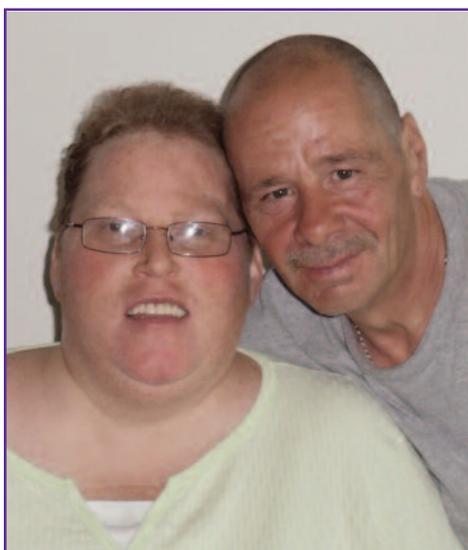
A Publication of The Area Agency on Aging 1-B

Fall 2011

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

Young Woman Leaves Nursing Home after 11 Years with a New Husband and New Hope

Stephanie Bailey found true love in a very unexpected place – a nursing home. Warren Woods Health and Rehabilitation Center was the fourth facility Bailey, 42, called home over 11 years, while she recovered from a stroke she suffered after surgery to remove a brain tumor in 2000. It would also be the place she met and married her 53-year old husband, Mark Bailey.



After 11 years in the nursing home, Stephanie Bailey has moved into a home of her own with new husband, Mark.

In June 2011, working together with the staff at Warren Woods, and with the help of the Area Agency on Aging 1-B's Nursing Facility Transition Program (NFT), Bailey moved out of the nursing facility and into her own apartment with her new husband. The newlyweds' long journey to love and independence was filled with multiple challenges, requiring unwavering hope and determination.

Stephanie was a go-getter with boundless energy in her late twenties. She worked for Ford Motor Company in the marketing department during the week and for a group home for young adults with Down syndrome, hearing loss or other disabilities on the week-ends. In the midst of her career, she started having seizures, and then black outs. An MRI and CAT scan confirmed Bailey had a brain tumor. Doctors prescribed chemotherapy, radiation and surgery. The first surgery went well and Bailey was able to recover at her parents' home in Farmington Hills. Later in 1999, Stephanie suffered another devastating blow when her mother passed away.

Doctors scheduled a second brain surgery in 2000 but following the surgery, Bailey had a stroke that left her paralyzed from the waist down. She was also unexpectedly diagnosed with diabetes. She entered her first nursing home at age 31 and began her long road to rehabilitation. *continued on page 2*

Tax Changes Affect Youngest Michigan Pensioners

A new pension tax, signed by Governor Rick Snyder this past spring, means some of Michigan's younger pensioners (those currently under the age of 66) may owe more for the 2012 tax year. Currently, Michigan does not tax income from public pensions and private pensions are only taxed at above \$45,000 for single filers and \$90,000 for joint filers.

The good news is that social security and military income will remain untaxed for all pensioners and that those 67 and older will be mostly unaffected by the change — the new law keeps the all current pension exemptions intact for this group. Exactly how the changes will affect younger pensioners will depend on their age and income.

Tax Rate Determined by Age

The new law sections Michigan pensioners into three tiers, according to age. The state's oldest residents, those born before January 1, 1946 (who will be 67 and older when the law takes effect) will be spared the pain and be largely unaffected by the new law, while the youngest pensioners, those born after 1952, will be hardest hit. Couples filing jointly who fall into



different tiers will be taxed at the older spouse's rate.

The text and charts on page two give a brief description of the tax changes for each group and a rough estimate of what the tax liability might be at different income levels. Remember, these are just estimates. If you have questions, you should consult a tax professional to see how the new law will impact your situation specifically.

67 and Older

Michigan residents born before 1946 will be unaffected by the change. Public pensions are not taxed, and income from private pensions, 401(k)s and IRAs are not taxed on amounts up to \$45,120 for single filers and \$90,240 for joint filers. *continued on page 2*

Inside This Issue

Ask the Expert	3
Local Hospitals Lead the Way in Tailoring Facilities and Services for Seniors	4
8th Annual Monroe County Caregiver Fair.....	6
12th Annual Solutions for Family Caregivers Expo	7
100+ and Loving It.....	8

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

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

Tax Change Affect Youngest Michigan Pensioners continued from page 1

Age 60 Through 66

The second tier addresses residents born after January 1, 1946 through December 31, 1952. This group will be taxed on most retirement income with the exception of social security income, including retirement income from a private or public pension, 401(k)s or IRAs. This tier group can claim exemptions for up to \$20,000 for single filers and \$40,000 for joint filers. Beyond these levels, retirement income will be taxed at 4.35 percent. When this group reaches age 67, the \$20,000/\$40,000 exemption will apply to all income, not only retirement income. However, filers who claim a deduction for a military or railroad pension or filers whose household resources surpasses \$75,000 for a single filer or \$150,000 for a joint filer will not qualify for the exemption.

59 and Younger

For pensioners born after 1952 (Those who will be 59 and under in 2012), all retirement will be taxed as regular income until they reach age 67; when these taxpayers will have a choice or either taking a senior income exemption of \$20,000 for single filers or \$40,000 for joint filers on all income or deducting 100% of their Social Security income. Residents in this group with income that surpasses \$75,000 for a single filer or \$150,000 for a joint filer will not eligible for this exemption.

Getting Prepared

If you feel these changes may affect you, it's important to get prepared. Marshall Hunt, CPA and Director of the Tax Assistance Program for the Accounting Aid Society, serving southeastern Michigan offered the following tips:

- 1) All Michigan residents should become familiar with the upcoming exemption and credit changes in order to make withholding or estimated tax adjustments as needed.
- 2) Those born after 1945 should become familiar with changes in their pension reporting. Pay close attention to any withholding and adjust accordingly.
- 3) Consult with a tax advisor to determine what withholding changes are necessary. "For example, if you lose a pension subtraction, you may owe taxes at the end of the year. In that case, you might want to adjust your withholding beforehand," advised Hunt. "Most individuals with public pensions currently don't need to withhold state tax, but Michigan residents born after 1945, need to take a closer look at withholdings next year."

Getting Help

Taxpayers of southeastern Michigan who earn up to \$25,000 annually/individuals and up to \$50,000 annually/families can qualify for free assistance with local, state, and federal tax filings, year-round, through the Accounting Aid

Income - Individual	AGES 60-64			AGES 65-66		
	2011 Tax	2012 Tax	2012 Tax as % of Pension Income	2011 Tax	2012 Tax	2012 Tax as % of Pension Income*
less than \$23,700 pension income	\$0	\$0	0.00%	\$0	\$0	0.00%
\$25,000 pension	\$0	\$ 57	0.23%	\$0	\$ 57	0.23%
\$30,000 pension	\$0	\$ 274	0.91%	\$0	\$ 274	0.91%
\$40,000 pension	\$0	\$ 709	1.77%	\$0	\$ 709	1.77%
\$50,000 pension	\$ 51	\$ 1,144	2.29%	\$0	\$ 1,144	2.29%
\$60,000 pension	\$ 486	\$ 1,579	2.63%	\$ 386	\$ 1,579	2.63%
\$100,000 pension	\$ 2,226	\$ 4,350	4.35%	\$ 2,126	\$ 4,350	4.35%

Society, one of the oldest volunteer assistance programs in the country. For more information or to find out how you can lend your support towards this valuable program call 866-673-0873 or visit www.accountingaidsociety.org.

Court Rulings Ahead

These changes have been met with controversy. Anticipating court challenges, Governor Rick Snyder has asked the Michigan State Supreme Court to review the constitutionality of some of the provisions of the new law. The Court has accepted his request and will begin hearing arguments in September.

Income - Individual	2011 Tax	2012 Tax	2012 Tax as % of Pension Income*
Less than \$3,700 in pension income	\$0	\$0	0.00%
\$10,000 pension	\$0	\$274	1.10%
\$25,000 pension	\$0	\$927	3.71%
\$30,000 pension	\$0	\$1,114	3.71%
\$40,000 pension	\$0	\$1,579	3.95%
\$50,000 pension	\$51	\$2,014	4.03%
\$60,000 pension	\$486	\$2,449	4.08%
\$100,000 pension	\$2,226	\$4,350	4.35%

*Pension/retirement income will be taxed at a flat 4.35 % rate. Lower percentage rates listed in lower income brackets reflect the impact of exemptions and not a graduated tax rate.

Young Women Leaves Nursing Home continued from page 1

"I loved physical and occupational therapy," explained Stephanie. "The therapists were my heroes! I was very encouraged by them."

Bailey entered Warren Woods Health and Rehabilitation Center in 2005 and continued to work hard to overcome her paralysis. Osteoporosis, which she developed after years of being confined to a bed or wheelchair, and a condition called dropped foot, which she developed after years of therapy, set her back from a full recovery. She was overcoming the paralysis, but could not put full weight on her one side and was high risk for falling. Regardless, Stephanie was known by the staff at Warren Woods for her positive attitude and energy.

It was that encouraging, upbeat spirit that Mark fell in love with when he first met Stephanie in 2008. Mark was placed in Warren Woods after several surgeries to treat vascular disease. He had no intention of staying but had

lost his job and home while recovering from an infection that ate away the bone in his foot. Warren Woods staff asked Stephanie to visit Mark and offer him support. The two spent hours talking and encouraging each other and soon made friends with other residents and attended the facility's special activities and bingo games together.

On Valentine's Day 2009, about a year after they met, Stephanie and Mark were married during a ceremony held at Warren Woods, surrounded by family and friends and staff from the facility. They lived together there for more than a year before Mark had to leave and went to a half-way house.

"We missed each other so much," Stephanie said. "It was a very hard time but he visited me EVERY day."

In 2010, Sara Burzynski, a transition coordinator from the Area Agency on Aging 1-B (AAA 1-B) met with Mark and Stephanie to discuss the Nursing

Facility Transition (NFT) program. The program could potentially help Stephanie move out of the nursing home and reunite with Mark. The biggest obstacle they faced was finding a safe, affordable place to live that would meet their needs.

After almost 10 months, the couple moved into their own apartment in June 2011. Stephanie receives occupational, physical and speech therapy, personal care three times a week, light home-making services, meals on wheels delivery and regular physician visits, which help keep her living safely and independently.

"Oh my, if you only knew how much I love my new place," said Stephanie. "I counted down the days until we could move. I was astonished by the feelings... I am not confined and I am safe."

The Nursing Facility Transition Program is supported by the Michigan Department of Community Health and is available to residents of nursing facilities who are eligible for Medicaid and have barriers to going home. Nursing facility residents may request transition services for themselves; or a family member, friend or social worker can make the request for them. If you would like more information or know of someone that you think may benefit from this program, please call the Area Agency on Aging 1-B Resource Center at 800-852-7795, Monday through Friday from 8 a.m. to 5 p.m., or visit www.aaa1b.com.

ASK the expert



Jeff Smith, Medicare/Medicaid Assistance Program Manager, Area Agency on Aging 1-B

Seniors Essential in Stopping Medicare Fraud and Abuse

While it is difficult to measure how much Medicare fraud and abuse cost, most estimates put the number between 49 to 60 billion dollars annually. Medicare beneficiaries themselves are the most effective weapon in fighting fraud and abuse.

What are examples of Medicare fraud?

One of the most common forms of Medicare fraud is the billing for services or products that have never been provided. Medicare billing operates on an "honor system." That is, there is no verification that a service or a product has been provided before the bill is submitted, so if a dishonest provider has a Medicare number, the provider can bill Medicare and be paid for thousands of dollars of services before the fraudulent activity is discovered.

Other examples of Medicare fraud include intentionally:

- Altering claim forms to obtain a higher payment amount
- Billing twice for the same service or item
- Billing separately for services that should be included in a single service fee

What are examples of Medicare abuse?

Medicare abuse usually involves routine practices that violate Medicare standards such as:

- Excessive charges for services or supplies
- Routinely submitting duplicate claims for the same service or product
- Collecting more than the 20% Part B co-insurance
- Billing claims for services that are not medically necessary

How can Medicare beneficiaries fight Medicare fraud and abuse?

The Senior Medicare Patrol (SMP) is a program of the federal government that empowers seniors to fight Medicare fraud and abuse because Medicare beneficiaries are in one of the most effective positions to detect fraud and abuse. Resources and suggestions as to how beneficiaries can fight fraud and abuse can be found by visiting the SMP website at www.smpresource.org or StopMedicareFraud.gov.

SMP suggests three steps that Medicare beneficiaries can take to fight fraud and abuse;

- 1) **Protect**- Keep a personal health journal of your doctor visits, tests

and procedures. DO NOT give your Medicare number to anyone that comes to your door, calls you or emails and requests the number, even if that person states they are "from Medicare."

- 2) **Detect**- Read your Medicare Summary Notice (MSN). Look for mistakes and look for services or products that you did not receive but are listed on the notice.
- 3) **Report**- Call your provider first if there is something on your bill that you have questions about or do not believe belongs there. Call the Medicare/Medicaid Assistance Program at 800-803-7174 if you suspect fraud or abuse or have any questions about fraud or abuse.

What about people trying to sell me "Medicare covered" products and services?

Sometimes this is an attempt to obtain your Medicare number or personal information so it can be used fraudulently. If Medicare beneficiaries are approached unsolicited, either at their door or in public, with a product claimed to be "covered by Medicare," they should ask that brochures be left. Beneficiaries can then call later with questions. Beneficiaries should not give any personal information.

PAID ADVERTISEMENT

From Our Family To Yours

Delivering high quality senior living for those you care for

SINGH Senior Living is a family owned business, and we've made it our mission to ensure each resident and family member of our Waltonwood communities is treated with dignity and respect. We strive to preserve residents' independence, health, safety, and happiness.

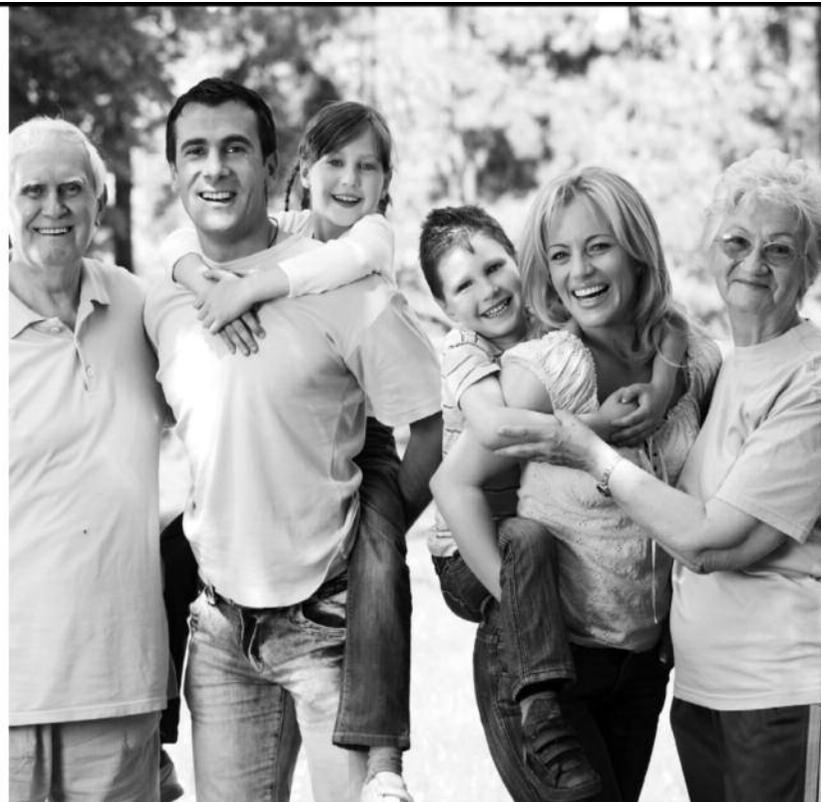
Whether you're looking for Independent Living, Assisted Living, or Memory Care, you will enjoy peace-of-mind knowing our services will evolve along with your needs.

For more information, visit our website, or contact your local Waltonwood community today.

We can help you make the move that's right for your entire family.



WALTONWOOD



CARRIAGE PARK — Canton
Independent & Licensed Assisted Living
(734) 237-6979

CHERRY HILL — Canton
Independent Living, Licensed Assisted Living
& Memory Care
(734) 237-6862

TWELVE OAKS — Novi
Independent Living, Licensed Assisted Living
& Memory Care
(248) 987-0638

ROYAL OAK — Royal Oak
Licensed Assisted Living
(248) 987-8990

MAIN — Rochester Hills
Licensed Assisted Living & Memory Care
(248) 841-8224

UNIVERSITY — Rochester Hills
Independent Living & Licensed Assisted Living
(248) 468-4902

LAKESIDE — Sterling Heights
Independent Living, Licensed Assisted Living & Memory Care
(586) 330-9922

www.SINGHSeniorLiving.com

SINGH A Division Of Fairbanks

Local Hospitals Lead the Way in Tailor

Hospitals across the United States are preparing for a surge of more than 79 million baby boomers by adapting their healthcare facilities to better serve this growing population.

Several hospital systems in our area are now offering facilities specializing in the specific and unique needs of seniors. These facilities are filled with amenities geared to the comfort of older adults, filled with staff who specialize in geriatric care, and are built with the aim of improving both the hospital experience and long-term health outcomes for seniors.

We'll take a closer look at two local hospital systems: 1) St. Joseph Mercy Health Systems, which now has eight senior emergency rooms available across the area and 2) Henry Ford Health System, which has created an acute care facility specifically geared for seniors in Warren.



A doctor consults with a patient at one of St. Joseph Mercy's senior ERs. Physicians at the senior ERs have specialized geriatric emergency medical training.

Gardening Before the Fall

Last May, Bonnie Jean Chrumka, 74, was outside working in her garden for a few hours when she lost her balance trying to pick up the watering hose.

Chrumka was able to call a neighbor who rushed over to assist her into the house. "I didn't have any cuts, but my stomach was burning real bad and I had a huge bruise on my hand," she noted. So Chrumka decided to call the doctor, who recommended a visit to the nearest emergency room to get checked out.

ER Offers First Class Treatment

Chrumka was no stranger to Ann Arbor's St. Joseph Mercy Hospital emergency room, having visited in the past for her mother and herself. But this time, what Chrumka experienced was noticeably different. "I didn't realize that I actually entered an emergency room specifically designed for seniors," she said. "They didn't have that years ago."

Recalling excruciatingly long periods of time spent in hospital waiting rooms in the past, Chrumka was impressed with the hospital staff, who moved her through the process very quickly. "The service was so very nice," she said. "When I arrived, right away, the staff spent time getting my past history. They talked directly to me. And that's important because you tend to lose independence when you go to the hospital." She mentioned that oftentimes hospital staff overlook the patient and directly address family members instead. "So you feel like a thing instead of a human being. But that was definitely not the case at the senior emergency room. Throughout my stay, everyone explained everything thoroughly, down to the course of action they would take and why."

As Chrumka underwent testing to determine the extent of her injuries, she was refreshingly surprised by the first class treatment she received. "The care was exceptionally good. Nurses were always available. I didn't have to wait hours for things to happen. When they said they were going to do something,

they followed through," she said. "The nursing staff even checked on my daughter, who was with me, to make sure she was also comfortable. At one point, a nurse offered to have supper brought up, so my daughter could have something to eat. It really was extra special care."

Staff with Specialized Geriatric Training

St. Joseph Mercy Hospital's senior emergency room is customized for patients age 65 and older. Other St. Joseph Mercy Health Systems senior emergency rooms can be found in Brighton, Chelsea, Livingston, Livonia, Pontiac, Port Huron, and Saline. Locations are staffed with board-certified emergency physicians who have specialized geriatric emergency medical training and nurses trained in Geriatric Emergency Nursing Education (GENE) to provide seniors with personalized care delivered with dignity and respect.

Celeste Price, RN, CEN, completed the GENE training, which she said helped her to develop a more compassionate, understanding approach when working with older adults. "It really opened my eyes to the needs of the senior population," she said.

According to St. Joseph Mercy Senior Services Director Joanne Grosh, RN, MA, hospital staff also attend workshops on ageism in an effort to decrease stereotypes often associated with older adults.

Digging Deep to Determine the Original Cause Behind the Visit

St. Joseph's new staffing standards are aimed at long-term health and wellness, with more time spent on a patient's initial intake evaluation. As a person ages, their needs differ and studies show that when healthcare is centered on the aging experience, there is a greater opportunity for long-term wellness. "The senior emergency room goes deeper to assess and address root causes. These can include numerous interrelated issues that can play into a senior's overall health such as pre-existing conditions, multiple medications, dementia, caregiver assistance, nutrition, depression, and living situations. The focus is on listening," said Grosh.

Safety Features Within a Relaxed Setting

In addition, each senior emergency room provides the following amenities to optimize patient comfort and safety:

- pressure-reducing mattresses to prevent skin breakdown and pressure ulcers
- reclining chairs
- soft, indirect lighting fixtures, including dimmers; all are easier on aging eyes
- noise buffers to aid those with hearing issues
- large print on documents clocks and call lights
- non-skid, non-glare floors as a measure of prevention against falls
- reading glasses and hearing enhancement for older adults who may have forgotten these items at home

ing Facilities and Services for Seniors



A patient enjoys the historic photos of Detroit at Henry Ford Health System's ACE Unit.

The Senior Emergency Room Concept is Born

America's first senior emergency room opened at Holy Cross Hospital in Maryland in November of 2008 under the guidance of renowned geriatrician, award-winning author, speaker and Harvard graduate, Dr. William H. Thomas, a visionary who advocates for a positive elderhood experience. Through its parent corporation, Trinity Health, St. Joseph Mercy was first to offer this holistic emergency room approach to Michigan seniors with St. Mary Mercy Hospital in Livonia in July of 2010.

"I remember in the 1970's, I literally came crawling into the emergency room of another hospital due to back pain and the wait seemed like forever. When I saw the doctor, they took a look at my back, decided I had spasms, gave me a prescription and walked out. Meanwhile, I had to figure out on my own, how I was going to get back to my car," Chrumka said. "You don't find this at St. Joseph Mercy Hospital. They helped me every step of the way and a social worker even called me at home when I was released to see how I was feeling. That just makes you feel better to know that someone cares about you beyond the point when you walk out the hospital door."

The ACE Unit

On the other side of town, Henry Ford Macomb Hospital in Warren has a 12-bed Acute Care of the Elderly (ACE) Unit designed to treat older adult patients with complex health issues, offering exceptional care from emergency room to discharge and follow-up.

According to, Suzanne Schut, Henry Ford Macomb Older Adult Services director, "National studies have shown that seniors can experience a higher risk of hospital-related health issues such as falls, bed sores, incontinence, and severe confusion. This is largely due to issues related to aging including weakening bones, lessened bladder capacity, thinning skin, and multiple medications that, with age, take longer for the body to process and can worsen symptoms of dementia."

To combat these adverse effects from hospitalization, the University Hospitals of Cleveland developed the

first ACE Unit back in 1989. They designed a comfortable, safe, home-like setting to promote mobility, with amenities customized to meet the needs of this population segment. A collaborative interdisciplinary team of professionals, trained in geriatrics, work with patients to maintain independence, improve or sustain functioning capabilities, and prevent re-admission. Today, the ACE model can be found at hospitals throughout the United States.

"Our ACE Unit offers many advantages to the patients we serve and it's especially valuable in Warren, the third largest city in Michigan, where older adults make up a large percentage of the general population," Schut said.

Soothing Amenities Support Wellness

The ACE unit in Warren, which opened in May of 2010, features:

- spacious, private rooms
- beds with pressurized mattresses that lower to 18" off the ground, designed to decrease the risk of falls. They also have a built in alarm, so that nurses are signaled if a patient gets out of bed.
- a pullout sofa for guests
- barrier-free bathrooms and showers
- soft lighting to reduce glare
- flooring surface made from a material that gives and is not as hard as a typical floor
- a walker in each room
- chamomile tea, warm towels and Reiki; a hands-on therapeutic technique that promotes balance for a renewed sense of calm
- photos of historical Detroit landmarks (i.e. downtown Hudson's, Olympia Stadium) line the walls in the hallways and are used as nostalgic destination points/conversation starters
- an activity room for reading, playing cards, assembling large print puzzles, listening to CDs, relaxing in front of the large aquarium, or socializing with family and friends

"Not only do patients and their families benefit from their experiences on the unit, but Henry Ford Macomb Hospital staff is taking the knowledge we've gained from operating ACE and we are using it within other areas of our Warren and Clinton Township hospitals. Our goal is to offer this advanced level of care to all seniors," explained Schut.

Who is Eligible?

To qualify for treatment in this facility, adults must be:

- age 65 and older
- living in the community either at home or in assisted living
- able to participate in a progressive ambulation and activity program

In addition, potential patients must meet at least two of the following criteria:

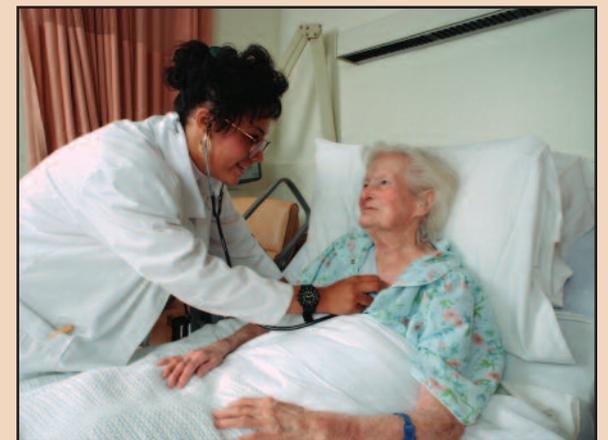
- hospitalized within the last six months
- fallen within the past six months
- significant weight loss of five pounds or more within the past month

- serious memory problems
- take five or more medications
- have significant uncorrected sensory limitations concerning hearing loss, sight, or peripheral neuropathy
- rely on others for activities of daily living
- need more help than usual with activities of daily living after discharge

Schut noted, "Health care reform is prompting a shift toward keeping people well, not just treating them when they are ill or injured. The ACE Unit really addresses this objective."

Taking Seniors into Consideration

Chrumka was pleasantly surprised by the excellent care from her senior-specific facility. "I think it's good that the healthcare focus is shifting to older adults. There are a lot of us out there," she said. "Let's face it. It's an older society and if you're going to help people live longer, you have to provide quality care."



Designation enhances healthcare for seniors

Both St. Joseph Mercy Health Systems and Henry Ford Health Systems have earned a Nurses Improving Care for Healthsystem Elders (NICHE) designation. NICHE-certified hospitals provide a supportive environment for nursing staff toward an overall effort to deliver optimal care to older adults. NICHE certified facilities are those where...

- the care environment is adapted to meet the unique medical needs of adults age 65 plus.
- staff undergoes specialized training necessary to effectively administer geriatric care.
- nurses complete coursework in geriatrics to become a Geriatric Resource Nurse (GRN). GRN's serve as a resource and role model for other hospital colleagues regarding a range of geriatric issues, including the management of four key medical concerns faced by older adults: incontinence, pressure ulcers, the use of physical restraints, and sleep disorders. NICHE hospitals can have from 2 to 100 GRN's on staff.

Two FREE Caregiver Fairs Scheduled This Fall

Monroe Caregiver Fair
October 1

Monroe County Community
College Health Education
Building, Monroe

Family Caregiver Expo
October 15
Suburban Collection
Showplace, Novi

More than one million families in Michigan are providing unpaid care to an aging or disabled loved one. It can be an experience that's rewarding, but overwhelming at the same time. These Caregiver Fairs provide information, resources and support to help families facing a caregiving situation.

Caregiver Fairs Provide

8th Annual Monroe County Caregiver Fair

Saturday, October 1, 2011
9:00 a.m. to 1:00 p.m.

Monroe County Community
College Health Education
Building (Building H)

1555 South Raisinville Road
North Entrance

Hosted by the
Monroe Aging Consortium

FREE EVENT!

Caregivers Don't Miss

- Expert presentations
- Over 40 exhibitors
- Complimentary morning refreshments
- Chance to win a Pride Lift Chair!

2011 Monroe County Caregiver Fair Presentations

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

"Legal Solutions for Family Caregivers"

Katy Graham, Managing Attorney
*Elder Law and Advocacy Center -
Neighborhood Legal Services
Michigan*

"Who Cares for the Caregiver?"

Geoff Scott, LPN
*Friends of the Family Home
Health Care LLC*

11:15 a.m. to 12:15 p.m.

"What You Need to Know about Medicare Open Enrollment"

Jeff Smith, MMAP Manager
Area Agency on Aging 1-B

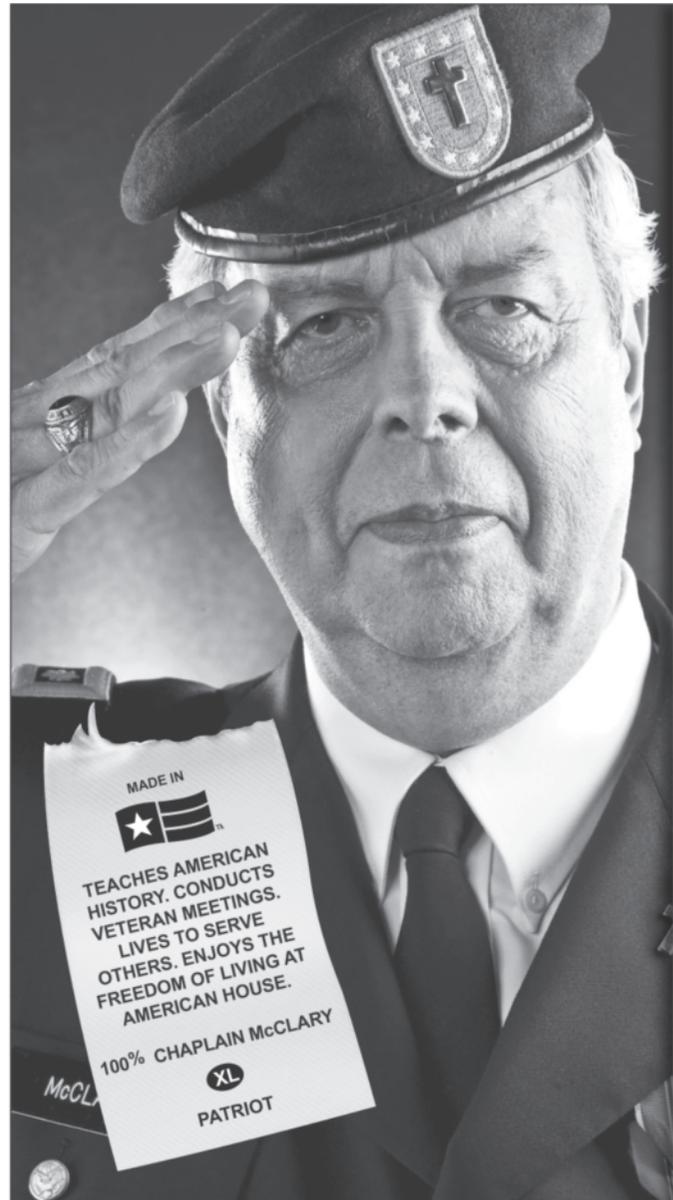
"Services Available in Monroe"

Cindy Nolan, Monroe Department
of Human Services
Angie Patreka, Monroe County
Opportunity Program (MCOP)
Kyle Hudson, Salvation Army
Rusty Davis, United Way of
Monroe County



Jeff Weaver, God Works!
Frankie Foidl, Living Independence
for Everyone

For more information, call Monroe
County Commission on Aging at
734-240-7363.



Proud to be called home to over 350 veterans.

American House
SENIOR LIVING COMMUNITIES
americanhouse.com

At American House, our goal is to provide the most rewarding life experience for each and every resident, including our veterans. Which is why we sponsored the documentary "From the Beaches of Normandy to the Jungles of Vietnam." The DVD will air on PBS and is available for \$12 at all American House communities with proceeds going toward activities to further enrich the lives of our residents. Plus, on September 13th, we will host the film premiere at the Birmingham Theatre. Call one of our communities for more information.

Residences • Dining • Activities • Enrichment
Transportation • Housekeeping • Laundry • Support Services*
Assistance Applying for VA Benefits

Wayne County

Dearborn Heights (313) 449-8719
Livonia (734) 666-0740
Riverview (734) 939-0500
Southland (734) 720-1858
Westland Hunter (734) 259-2469
Westland Joy (734) 447-5460
Westland Venoy (734) 259-2467

Macomb County

East I (586) 218-3639
East II (586) 439-3065
Lakeside (586) 648-1699
Sterling I (586) 218-3211
Sterling II (586) 477-4566

Washtenaw County

Carpenter (734) 408-4124

Genesee County

Grand Blanc (810) 936-0520
North (810) 936-0521

Oakland County

Elmwood (248) 237-3415
Farmington Hills (248) 809-1327
Hazel Park (248) 721-8929
Oakland (248) 605-8767
Royal Oak (248) 721-8930
Southfield (248) 809-5204
Stone (248) 609-7631
The Village (248) 237-3413
Troy (248) 721-8620
West Bloomfield (248) 242-7035

Licensed Assisted Living / Memory Care

Regent Street (248) 683-1010

*Support services provided by third party not affiliated with American House. ©2011 American House Senior Living LLC. "American House" and flag logo are trademarks of American House Senior Living LLC.

Information and Support

The 12th Annual Solutions for Family Caregiver Expo

Saturday, October 15, 2011
9:00 a.m. to 2:00 p.m.
Diamond Center at the
Suburban Collection Showplace
(formerly called the Rock
Financial Showplace) 46100
Grand River Avenue, Novi, MI
Parking and Admission are FREE!

Caregivers Don't Miss

- Expert presentations on a variety of caregiving topics (see schedule below for details)
- More than 100 exhibitors displaying and demonstrating products and services to benefit caregivers

- “Ask The Resource Specialist” for answers to questions on Medicare, Medicare Part D, Medicaid and access to local services
 - Get help identifying the best 2012 Medicare prescription drug coverage for you or your loved one. Call in advance to make an appointment with a counselor on site at 800-852-7795.
 - Free morning refreshments
 - Professional care for your loved one while you attend the expo. Quality care provided by the Alzheimer's Association and Macomb County Interfaith Volunteer Caregivers (respite reservation required – 800-852-7795)
 - Cash and carry afternoon snacks available
 - Door prizes and giveaways!
- The Caregiver Expo is made possible by these generous sponsors:
- Henry Ford Health System
 - Blue Cross Blue Shield of Michigan
 - Fidelis SecureCare of Michigan
 - American House Senior Living Communities
 - Guardian Medical Monitoring
 - HAP Medicare Solutions
 - Home Instead Senior Care
 - Presbyterian Villages of Michigan
 - Quality Home Health Care Services of Michigan
 - Trinity Senior Living Communities

- Visiting Physicians Association
- Waltonwood
- The Observer & Eccentric Newspapers

Morning refreshments will be provided courtesy of Jim Schuster, Elder Law Attorney, and Mall Malisow & Cooney, PC.

Respite Care at the Expo is sponsored by BrightStar Care, Comfort Keepers, DMC Huron Valley – Sinai Hospital, and Hospice of Michigan.

Transportation Sponsor is Advantage Mobility Outfitters.

For questions or more information, visit www.michigancaregiverexpo.com, call 800-852-7795, or email sjustice@aaa1b.com

2011 Solutions for Family Caregiver Expo Presentations

Guests of the Solutions for Family Caregiver Expo may choose to attend the following presentations:

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

“Becoming A Fearless Caregiver”

Steven Barg, COO and Publisher
Today's Caregiver

Greg Bellware, Chief Marketing Officer
Fidelis SeniorCare

“Advocating for Quality Care for Your Loved Ones: A Legal Perspective”

Sanford J. Mall, CELA and
 Arthur L. Malisow, CELA
Mall Malisow & Cooney, PC

“Making Medicare Work for You”

Karen Wintringham, Vice President,
 Medicare Programs
HAP Medicare Solutions

“Navigating Long Term Care Options”

Barbara Lavery, Regional Supervisor
Area Agency on Aging 1-B

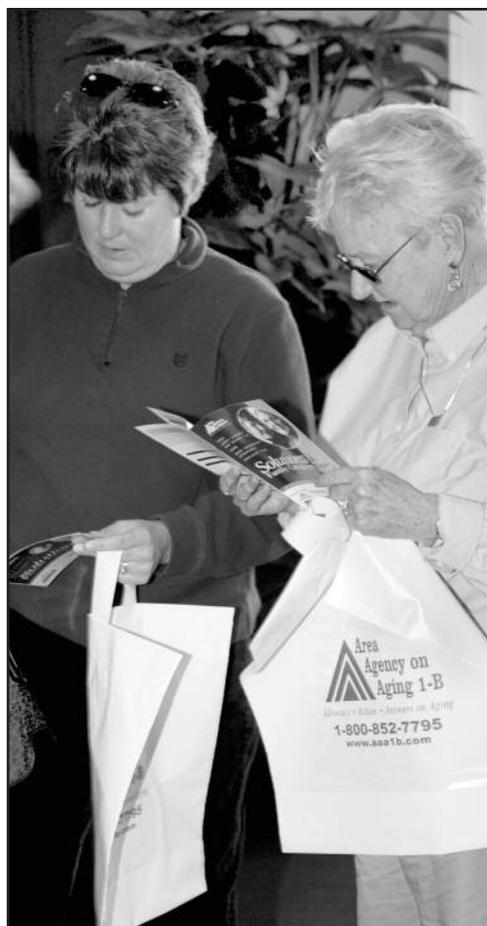
11:00 a.m. to 12:00 p.m.

“A Doctor's Perspective on Being Safe at Home”

Cynthia Cohen, M.D.
Henry Ford Visiting Physicians

“Long Term Care: It's a Woman's Issue”

Dr. Marion Somers, Ph.D., Caregiver,
 Author, Speaker and Lisa Wendt,
 Caregiver, President and CEO
LifeSecure Insurance Company



“Medicaid 101: Qualifying, Applying and Receiving Medicaid Benefits”

David Shaltz, J.D.
Elder Law of Michigan Volunteer

“Community Respite Services for the Caregiver—What They Are and How They Can Help”

Fran Cook
Jewish Senior Life of Metropolitan Detroit

JoAnn DeGrandis
Macomb County Interfaith Volunteer Caregivers

Andrea Layman
Area Agency on Aging 1-B

12:30 p.m. to 1:30 p.m.

“Caregiving Survival”

Jill Gafner
Caregiver and Author

“Legal Tips for Caregivers”

Jim Schuster, J.D.
Certified Elder Law Attorney (CELA)

“The Basics: Memory Loss, Dementia, and Alzheimer's Disease”

Barbara Roden
 Speakers Bureau member
Alzheimer's Association, Greater Michigan Chapter

“Parkinson's Disease: What it is and Resources Available to Help Families”

Debby Orloff, RN, MPH, CEO
Parkinson's Foundation of Michigan

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.

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

American House
 SENIOR LIVING COMMUNITIES

Jim Schuster
 Certified Elder Law Attorney

Senior Helpers
 Care and comfort of a moment's notice.



Presbyterian Villages
 OF MICHIGAN
 SENIOR LIVING COMMUNITIES

Magic 105.1

WWJ-950
 NEWSRADIO

96.3 WDVd
 Today's Best Hits

89.1 Doug FM

100.3 WJLH
 YOUR VARIETY STATION

Area Agency on Aging 1-B
 Advocacy • Action • Answers on Aging

29100 Northwestern Highway, Suite 400 • Southfield, MI 48034
 800-852-7795 • www.aaa1b.org

100+ and loving it

"100+ and Loving It" is a regular Access feature that celebrates local centenarians from the Area Agency on Aging 1-B service area (Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.) If you are, or will soon be, 100 years or older and would like to be featured, please contact Kathleen Yanik at 248-262-9948 or kyanik@aaa1b.com.

Name: Heidi Perzyk

Age: 103

Hometown: Clinton Township

Secret to a Long Life:

"One day at a time."

At 103, Heidi Perzyk is leading an active and fulfilling life. She enjoys swimming with her daughter, Anna, at least twice a week at the Macomb YMCA and is a frequent participant at the Clinton Township Senior Center; often taking advantage of the center's

spa services and joining in on special programs and informational seminars. She's still active in her church as well. She's a parishioner at St. Mathius in Sterling Heights.

Heidi Perzyk passed away shortly before this issue of Access went to print. Her active life as she aged was an inspiration to all that knew her. We at Access are proud to be able to share her story.



Heidi Perzyk (second from right) poses with friends at a recent "Nifty and 90" celebration at the Clinton Township Senior Center. All of the participants were 90+.

Area Agency on Aging 1-B
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

The Area Agency on Aging 1-B will be the agency of first choice for advocacy, action, and answers and drive community engagement to ensure that older adults, adults with disabilities, and caregivers reach their full potential and highest quality of life.

Services

Home Care Services

Personal care (bathing, dressing, etc.), homemaking, home-delivered meals, respite care, chore assistance, home injury control.

Community-Based Services

Adult day services, transportation, congregate meal sites, home delivered meals, out-of-home respite, legal assistance, employment for older workers, elder abuse prevention, services for vision and hearing impaired, long-term care ombudsman, resource advocacy, counseling, and volunteer caregivers.

Information and Assistance Service

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

AAA 1-B Access Centers

Livingston/Washtenaw County
734-213-6704
Macomb County 586-226-0309
Monroe County 734-241-2012
Oakland County 248-357-2255
St. Clair County 810-388-0096

ACCESS: Your Link to Community Resources is published by the Area Agency on Aging 1-B, 29100 Northwestern Highway, Suite 400, Southfield, MI 48034, phone: 248-357-2255, fax: 248-948-9691. Paid advertisers are not endorsed by the Area Agency on Aging 1-B. Questions and comments may be directed to Jenny Jarvis, Director of Communications, or Kathleen Yanik, Communications Manager, editor. Access is written by Rebecca Rabano. Design and production by Northlight Design. Printing by Pinnacle Printing & Promotions.

Calendar of Events



Senior and Caregivers Resource Network (SACRN) Fundraiser

Friday, September 9

7:30 p.m.

J.D.'s Key Club

1 North Saginaw Street, Pontiac

Enjoy an evening of sing-along fun while supporting the AAA 1-B, the Alzheimer's Association and the Detroit Area Agency on Aging. Tickets are \$15 or two for \$25 and include pizza. For more information, call 866-642-4772.

Costick Center Total Wellness Fair

Tuesday, September 20

10:00 a.m.-1:00 p.m.

Costick Activities Center

28600 W. Eleven Mile Road
Farmington Hills

Monroe County Caregiver Fair

Saturday, October 1

See page 6 for more info or call 734-240-7363.

12th Annual Solutions for Family Caregiver Expo

Saturday, October 15

See page 7 for more info or call 800-852-7795.

SENIOR CENTER MONTH



September is National Senior Center month.

Celebrate by visiting your local senior center. (There are about 85 in the six-county region that the Area Agency on Aging 1-B serves.) Senior centers offer a variety of activities and opportunities. You can keep fit, play cards, play the Wii, keep up on all the new trends in computing and social networking, explore a new hobby like genealogy or photography, travel to exciting destinations, make a difference, or make new friends. Check out your local center to see what they've got coming up for fall. To find the senior center in your area, visit www.aaa1b.com or call the AAA 1-B Information and Assistance Line at 800-852-7795.

PAID ADVERTISEMENT

BOTSFORD COMMONS
SENIOR COMMUNITY

Experts in Senior Care and Aging.

- Renowned for excellence in quality care and services.
- One of the few Continuing Care Retirement Communities in Southeast MI.

Living Options include:

- Condominium Homes and Senior Apartments
- Assisted Living Center
- Rehabilitation and Continuing Care Center – specializing in sub-acute rehab services following a hospital stay. Secured dementia unit.

21450 Archwood Circle • Farmington Hills, MI 48336
(248) 426-6903 • www.botsfordcommons.org