

ACCESS

Keeping Food Fresh
Pages 4 & 5



Your Link To Community Resources

Vol. 11, No.3

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Fall 2009

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

Enduring life's toughest moments through teamwork

Oakland county resident Elizabeth Kici is a survivor. She's experienced what it's like to scrape by with little means; understands the courage of caregiving; the heartache of loss; and the tenacity it takes to keep it all together when everything seems to be falling apart. Her key to survival was teamwork. She learned that a team of many was more powerful than a team of one. And so, Kici set out to build a team.



Elizabeth Kici

Born and raised in Budapest, Hungary during World War II, she was

just four years old and an only child when her father was killed in the army. Kici and her mother went to live with relatives in the country where she spent summers at home and attended a Catholic boarding school during the rest of the year. The school housed 300 girls from ages 3 to 18. "I loved it," Kici said. "With all those kids, I was never alone." This is where Kici would learn about power in numbers.

In November of 1956, when she was 17, the Hungarian Revolution hit. Kici and four of her friends were against the communist take-over and got politically involved. "It got to the point, that we had to leave," she said. But en route to the Austrian border, they were captured. As luck would have it, their group was placed on a vehicle driven by soldiers sympathetic to their plight who helped the group jump from the truck. A farmer then gave them guidance to negotiate the land mine-filled remaining miles to the border.

Kici ended up in a refugee camp in Rimini, Italy, where she met her husband John. The couple married in 1958 and headed to Pontiac, where John had family. Son Peter was born that same year in June. "I always said I would never have an only child," she said and added, "So I had five!" Agnes in 1960, Edward in 1962, and Melinda in 1965.

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Are you getting enough ?

There's a lot of buzz lately about vitamin D. It's actually a hormone produced by the body either from ultraviolet B sun exposure; through supplements; or foods enriched with vitamin D. This fat-soluble vitamin travels to the liver and kidneys where it becomes activated and promotes the absorption of calcium for bone and muscle health.



But recent findings suggest that this activation can also help prevent inflammation; protect against bowel and bladder issues; strengthen the immune system; prevent heart disease; relieve aches and pains; improve mood, sleep and memory; and help balance your weight.

Unfortunately, older adults are at an increased risk of vitamin D deficiency, according to a dietary fact sheet on vitamin D from the National Institute of Health's Office of Dietary Supplements in Washington D.C. They explain that, when the body ages, the skin and kidneys become slow to activate vitamin D.

"Vitamin D deficiency becomes more common as we age due to a progressive lack of sun exposure, obesity, and a lack of physical activity, which leaves vitamin D stranded in body fat," explained Livingston

County's own Dr. James E. Dowd, a leading researcher, rheumatologist, associate clinical professor of medicine at Michigan State University's Department of Medicine, and co-author of the book, "The Vitamin D Cure."

Dr. Dowd noted three ways to get your daily dose of D, which are: 1) through sun exposure; 2) by eating foods rich in vitamin D, like salmon or tuna, and beverages enriched with D like milk; 3) through a daily supplement.

While sun exposure is the most natural way to get vitamin D, it's a challenge due to the lack of daily Michigan sun and a looming risk of skin cancer. It's also difficult to rely solely on foods to get enough daily D. So the question is, if you can't depend on the first two sources, how much should you take in the form of a supplement?

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Enduring life's toughest moments through teamwork

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Christopher arrived as a surprise in 1966, born three months premature. "The doctor's told us Christopher wouldn't survive because he was so small," Kici recalled. Later that year, he was diagnosed with Cerebral Palsy.

But Kici was determined that Christopher would experience everything his siblings did. "He was never treated as though he was handicapped. In fact, Christopher did more than healthy kids his age," she said and mentioned that he was well loved by all who met him. Christopher was the team player that brought everyone together. "Everybody pitched in to help him," Kici said.

While life with children was filled with joy, life with John had its chal-

lenges. The couple divorced in 1981. Two years later, Kici got a supervisor position at Children's Village in Oakland County. The following year, she graduated from Oakland University with a Liberal Arts degree.

Yet, one of Kici's most difficult trials was to come. "It was a freak accident," she said. It was a turning point that would leave Kici in chronic pain.

While on the job, a student slipped and grabbed Kici to steady herself. Both hit the pavement, which caused serious damage to Kici's back. And while surgery was meant to mend the injury, it left Kici in more pain. "One of the screws used to repair my back pierced my nerve. So I ended up with nerve damage to my right leg," she

said. Attempts to adjust the problem never erased the pain. Kici had to undergo therapy to build the muscles back up in her limbs. "I had to learn to walk again," she said.

And with a tremendous amount of hard work and perseverance, Kici went from using a wheelchair to a walker, then a cane and finally riding her bike at age 69 last year. "Even now, I work pretty hard to make sure I can keep my balance so I'm able to do things," she said. The pain however, is a challenge Kici lives with every day.

But physical pain pales in comparison to pain that affects the soul. Last year, her youngest son Christopher succumbed to pneumonia at age 42. "He was a very loveable person and

we had a lot of fun together," she said and mentioned that Melinda, who was close to Christopher, named her son after him. Luke Christopher is the youngest of Kici's eight grandchildren. She treasures time spent with all of them.

Looking back, Kici feels fortunate for the strength she's gained and for the blessings of her loving family. "I am proud of each of them and I'm grateful for the years of help they've given to one another," Kici said. She's a survivor who found that the best survival tool is family. By joining hands, a family can get beyond all of life's challenges, building love, strength, and unity along the way.

Are you getting enough D?

The Food and Nutrition Board of the Institute of Medicine, a private, non-profit organization funded by the government located in Washington D.C., recommends those age 51-70 take 400 international units (IU) and those 71 and older take 600 IU. These standards, termed Dietary Reference Intakes

(DRIs) are currently being reassessed due to groundbreaking new research that suggests these recommended daily allowances may not be enough. In fact, a study conducted at the University of Colorado's Denver School of Medicine published in the Archives of Internal Medicine's March, 2009

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issue concluded that, "current recommendations for vitamin D supplementation are inadequate to address the growing epidemic of vitamin D insufficiency."

Dr. Dowd agreed and added that part of the problem stems from the fact that in order for D to function properly, you must have adequate levels of calcium, best obtained through beverages and supplements; and magnesium, which is best absorbed through nuts, green leafy vegetables, and dried fruit instead of a supplement.

"Current recommendations for vitamin D supplementation are inadequate to address the growing epidemic of vitamin D insufficiency."

In "The Vitamin D Cure," Dr. Dowd explains how to determine your individualized daily dose based on your weight; how you plan to get your D (sun, supplements, enriched foods); your current D level (determined through a blood draw by your physician); and the results from a Modified Health Assessment Questionnaire found in the book.

He explained, "It's very hard to overdose on vitamin D. Research from the University of Toronto has shown no toxicity in patients taking 40,000 IU of D3 daily for 3 months. This dose is about 10 times more than what most patients would need to normalize their



blood level." But, for the record, the following symptoms indicate a toxic level of vitamin D. Should you experience any of these, contact your doctor to undergo a blood level evaluation:

- weight loss
- poor appetite
- nausea
- weakness
- frequent urination
- constipation
- vomiting

To determine how much D is enough, Dr. Dowd recommends a routine screening of vitamin D levels at the end of winter in April/May and then again at the end of summer in August/September in order to maintain normal levels.

By keeping your vitamin D level optimum, your body's systems can function better, leaving you feeling healthier and happier. To obtain a copy of "The Vitamin D Cure," visit www.amazon.com or stop by your local book retailer, or public library.

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Tell legislators not to cut senior services

With continuing tough economic times and a decrease in tax revenue, the state of Michigan is facing a large deficit, and senior services are one area that has been targeted for cuts. The Michigan Office of Services to the Aging, which is one of the major funders for the Area Agency on Aging 1-B (AAA 1-B), is now anticipating a funding cut of up to \$2.1 million in the 2010 budget. These cuts would translate into reduced services in areas like home-delivered meals, volunteer companion programs, and in-home services.

Programs are vital and help the state save money

The AAA 1-B believes these cuts will have a devastating impact on those older adults who depend on them and

may actually end up having a negative impact on the state's bottom line as well. "These services help keep people living independently and with dignity in their own homes," said Jim McGuire, director of research, policy development and advocacy for the AAA 1-B. "Without these supportive services, many of these older adults could end up being forced into nursing homes with Medicaid and the State of Michigan paying for their care at a much higher rate."

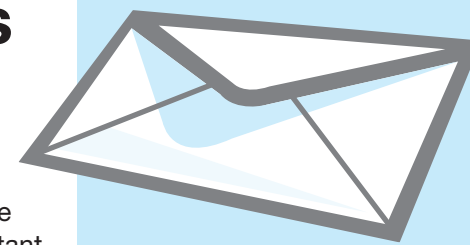
Write a letter—send a key

The AAA 1-B is asking all older adults and caregivers to send a letter to their legislators asking them to restore the funding for these essential senior services and help our state's older adults stay in their own homes. People are being asked to send in an old, unused key with their letter as a visual reminder and symbol of the importance of these programs. "The idea is that these services are the key to independence," explained McGuire.

"The key symbolizes being able to remain in your own home and unlock your own front door. We are hoping if the legislators see enough of these keys coming in the mail, they'll understand how important these programs are for older adults and for the fiscal health of the state."

Your letter should ask that cuts to the Michigan Office of Services to the Aging for 2010 be restored and stress the importance of these programs in keeping seniors in their homes. Sending a key won't add any additional cost to the mailing. "Even with the key, the letter will be fine with a single, 44¢ stamp," said McGuire.

"Michigan's seniors are one of the state's fastest growing and most politically powerful populations," said McGuire. "Hopefully, if enough people write and send in keys, our legislators will understand how important these services are and how they will help the state save money in the long run."



If you'd like to send a letter and a key to state representative, you can address your letter to:

State Representative
State Capitol
P.O. Box 30014
Lansing, MI 48909-7514

If you'd like to send it to your state senator, you can address your letter to:

State Senator
State Capitol
P.O. Box 30036
Lansing, MI 48909-7536

If you'd like, you can also call your legislators. To reach your representative, call 517-373-0135. To reach your state senator, call 517-373-2400.

ASK the expert



By Elizabeth Giles, Registered Dental Hygienist (RDH, MSA)

Dental Care for Older Adults

I have always taken pretty good care of my teeth. Do I need to change anything about my dental routine as I get older?

Surprisingly, 38 percent of adults between the ages of 55 and 64 years are affected by tooth decay, and that figure rises to more than 56 percent for those over 75. Because many older adults lacked the benefits of fluoride and modern preventive dental care when they were growing up, they often

have many fillings. Over time, these fillings may weaken and tend to fracture and leak around the edges or margins. Bacteria accumulate in these tiny crevices causing acid to build up, which can lead to tooth decay. Often seniors have a large number of exposed root surfaces which also puts them at a greater risk for decay.

The best way to combat dental decay is thorough brushing with a fluoridated tooth paste two to three times per day, with right before bedtime being the most important time to brush. Using floss or other inter-dental cleaners (soft picks) is also critical as seniors are prone to food trapped between teeth and bridges!

Studies show chewing gum containing xylitol can also decrease the levels of harmful bacteria that cause tooth decay. In addition to meticulous home care, patients should see their dental professional to discuss the use of home fluoride trays and other products not available over the counter.

Are there any dental conditions that seniors need to be especially aware of?

Reduced salivary flow can be common in older adults and can affect dental health. Many medications (especially anticholinergic medication, which are prescribed for eyes and gastrointestinal diseases) can cause decreased

salivary flow. Decreased flow can also be caused by Sjogren's Syndrome, an autoimmune disease, which attacks the secretory glands.

Saliva is important as it helps to physically wash away bacteria, virus, and fungus present in the mouth. Saliva also works as a buffering agent, reversing the effects of acidic foods. Decreased salivary flow sets seniors up for increased dental decay, specifically on the root surfaces of the teeth. It can also make everyday life uncomfortable. Seniors struggling with this condition should drink lots of water, and look for over the counter products, such as Biotene, to help stimulate salivary flow.

I have arthritis in my hands, and it's harder to brush and floss. Any tips or tricks that might help?

I love the rechargeable electric toothbrushes available at your local retailer. They help to compensate for patients young and old who lack the dexterity to manipulate a manual tooth brush. They are made with soft bristles and designed to clean at the gum line where harmful bacteria thrive. The handles are larger and easier to grip. Many of these brushes have a built in timer to help patients brush the recommended two minutes. If an electric brush is not an option, patients can modify the handle of their existing brush by taping tongue depressors around the handle to enlarge it. Flossing can be accomplished with either floss picks, or the Reach Access Flosser (a toothbrush styled handle with floss at the end). Hand held irrigators (waterpiks) are

now available and can help remove food trapped between the teeth. These are also larger and easier to grip.

What about dentures? How should I care for them? How should I care for the rest of my mouth when I have them?

When caring for dentures, it is important to use a soft tooth brush and hold them over a sink. Dentures are delicate and can break if dropped. Products such as Efferdent are helpful in removing stains. Diluted bleach and water can be used if there are no metal parts contained in the denture. It is important to remove your denture at night and always store them in water. Denture will warp if not stored properly. Denture wearers should still brush their gums, tongue and palate every morning. This helps stimulate circulation in the soft tissues and helps remove plaque. A yearly exam by your dentist is necessary to screen for oral cancers of the head and neck.

Does my diabetes put me at a greater risk for dental disease?

Patients with diabetes are at a greater risk for dental disease, specifically periodontal disease. Diabetes causes a patient's blood vessels to thicken and become less elastic, causing poor circulation of oxygen and nutrients to the gum tissues. By seeing the hygienist every three months, the harmful bacteria can be removed from below the gum line to minimize the risk of further infection and possible tooth loss.

Keeping foods fresh for a healthy

It's a good idea at any age to eat fresh foods for optimal nutrition, but it becomes even more vital and challenging as older adults. The Centers for Disease Control and Prevention report that over 200 known diseases can be transmitted through food and estimate that roughly 76 million people become sick from food borne illness each year. Older adults are more at risk because the immune system weakens over time and the body is slow to react against harmful bacteria. Bodily functions take longer. For example, the stomach acid that helps counteract harmful bacteria decreases as we age. In addition, food may remain longer in the stomach and intestines, as the digestion process slows.



Your refrigerator temperature should be set between 37 to 40 degrees Fahrenheit.

But there are many steps you can take to ensure that the foods in your kitchen are fresh as they travel from harvest to home. Let's get started by examining your kitchen.

Get to know your refrigerator

It's easy to take this household fixture for granted. But when you think about it, this appliance actually extends the freshness of your food. Back in 1800, Maryland engineer Thomas Moore created the term "refrigerator" for his ice box invention that cooled down its contents. Fast forward to 2009 and not only do these machines cool our food, but they can serve up ice and water as well.

Today's appliance designs follow a system of storage or food zones that maximize efficiency based on food moisture levels.

Top Shelf

For most models, beverages are assigned to the top shelf. Cans can be placed in stackable dispenser racks to maximize top-shelf space.

Middle Shelf

Dairy items like milk, yogurt or cottage cheese are best on the middle shelf.

Bottom Shelf

This is the coldest area of the fridge with the most constant temperature. Leftovers are best here.

Drawers and Doors

Drawers are designated for fruit, vegetables, cheese, and meats; and condiments are best stored on the door of the fridge, which is the warmest area of the fridge. Items stored here are those that can withstand a fluctuation in temperature from when the door is opened and closed. The butter compartment is often located on the door so that the butter remains at a spreadable temperature. Eggs are best stored in the coldest area of the fridge (bottom shelf) in their carton and not on the door.

It's important to leave room between each food item so that the cold air can easily circulate throughout. The standard rule of thumb is to keep the fridge $\frac{3}{4}$ full for optimal efficiency.

Pay attention to the temperature. Bacteria can thrive in an environment of 60 to 120 degrees Fahrenheit so it's important to check on the temp of your fridge to make sure that it's between 37 to 40 degrees

Fahrenheit and the freezer temperature between 0 to 5 degrees Fahrenheit.

Keep in mind that the cold air, which streams throughout most refrigerators, originates in the freezer. So it makes sense to store foods in airtight containers that seal in aromas. Deodorize the fridge with an open box of baking soda on a freezer shelf. Write the date on the box and stir up the contents from time to time to refresh. Replace the box every three months.

Avoid storing food on top of your refrigerator. This area tends to be warm and can affect the food's shelf life.

Cleanliness is key. Everything has a maintenance schedule, including the fridge. By attending to a few details throughout the year, you'll be able to get the most out of your refrigerator. Here's a quick chart to keep you on track:

Once a week...

- organize food from oldest in eye view to most recent set towards the back of the fridge.
- move the ice around in your icemaker to keep it fresh, circulate air, and prevent chunking.
- combine duplicate items to create more space. Refrigeration tends to suck moisture from food. Place products in airtight containers to preserve them for a longer period of time.

Once a month...

- empty the icemaker and start fresh.
- toss anything that's expired. Follow this guide:

Use by date = manufacturer determines the last date for the product's optimal quality. Follow this date and dispose of items when the date passes.

Best if used by date = recommended date for the best quality and flavor.

Sell by date = a note to the store from the manufacturer indicating the length of time the product can be displayed. Buy and cook or freeze before the date passes.

Open date = a calendar date that indicates how long a store can display the product for optimal quality. It can be found on eggs, dairy, meat, poultry and other perishable goods. In Michigan, goods with a shelf life of 90 days must be labeled with the last recommended date of sale.

Healthier you



Coded dates = check with the store where purchased or the manufacturer to crack the meaning behind the code which is found on boxes of food, cans and other shelf-stable foods.

Every three to six months...

- check and clean the door seals.
- clean the drip pan beneath the fridge.
- Shut off the power and vacuum the coils behind the fridge to extend the life of your appliance. Then, set a timer for 30 minutes and try to work within this timeframe as you thoroughly clean the inside of the fridge and freezer. Get rid of anything you haven't used during the past 10 months. This will create more room for fresh products. Wipe down the inside of your appliance. Avoid using cleaning products. The scent can permeate your food. Instead, one of the following natural solutions:

- 1 tablespoon of borax to 1 quart of warm water -or
- equal measurement of white vinegar to water -or
- 2 tablespoons of baking soda to 1 quart of warm water.

Write the date on products and storage containers that don't have a food product date as you restock the fridge. And if you tend to stuff your freezer, inventory the contents so groceries can be used in a timely fashion. Post the list on your fridge door. Add leftovers to your list and note the date they were prepared.

Tip: Always plug your refrigerator into a grounded outlet. Using an extension chord to reach the outlet could become a fire hazard.

Know the signs of decay. To eat fresh, you need to be able to part with food that has lost its nutritional value and could make you sick if eaten. Get the garbage can ready. Here's what to look for:

Perishable foods (meat, fish, dairy, eggs, fruits and vegetables) contain high levels of protein and moisture, a combination that creates the perfect environment for bacterial growth. The United States Department of Agriculture recommends that perishables left out for more than two hours be discarded for your safety.

Pitch products that have...

- a bad smell
- discoloration or slimy appearance
- hardening or softening
- mold growth
- fermentation
- oozing of liquid
- green or grey gills (for fish)
- few scales, or flabby flesh that separates from the bone or leaves a depression when pressed
- dull, sunken eyes (for fish)
- the claws and tail of shellfish have little to no springing action
- insects or worms
- vegetables are wilted, sprout, or turn green

- outer covering of fruits or vegetables are bruised or damaged
- eggs that float in water, have an exposed yolk, dirty shell, blood or meat spot, bad odor, or cracked shell
- dairy products with a rancid, bitter, or sour taste; fat that separates into clumps; or milk that curdles when heated.

Dry foods (cereals, pastas, crackers, noodles, etc.)

- clumping
- musty smell
- insects
- dirt or stones
- off flavor

Canned goods

- appear swollen as one or more ends bulge
- rusted or leaking
- as can is opened, contents spew out
- bad smell
- discoloration of contents
- liquid is cloudy, moldy, slimy, or bubbly

Frozen foods

- damaged packaging
- product forms ice crystals
- don't refreeze food that has thawed
- bad taste or smell
- discoloration

Organize your pantry

Just like your refrigerator has food zones, so should your pantry. It will be easier to prepare meals if your cupboard is set up with food groups in mind. You should always have the following staple items on hand:

- baking ingredients
- rice
- broths and soups
- spices
- cereals
- pasta
- oils
- sauces
- condiments
- canned fruits and vegetables

Organize the area and start with the shelf at eye-level. Place products you use most here. Throw out expired groceries and donate products you haven't used in the past year to your local food bank.

Goods should be positioned so that those close to expiration are at the front and those furthest from expiration are at the back. To gain more vertical space, add racks that enable you to safely stack products.

Items like sugar, flour, dry goods, grains, and beans are best stored in see through containers with airtight lids and wide openings, to easily scoop out the contents. Cut out the cooking instructions, write down the date you purchased the product, and tape this to the lid. To clean the containers, rinse with white vinegar. This will also get rid of any lingering odors.

Every three to six months, audit the pantry. Throw out expired items and make room for fresh goods. Move older items to the front. Whenever you purchase jars and canned goods, wipe them down before placing them in the pantry to eliminate any potential germs transmitted through handling.

Monitor temperature and humidity levels. The freshness of your dry goods depends upon a stable

pantry environment which consists of low lighting, well-circulated air at a temperature at no more than 68 degrees Fahrenheit, and humidity at 60 percent or less. It's easy to keep track of these conditions by posting a thermometer and hygrometer in the storage area.

Tip: Shelves or liners made from cedar will naturally shield pantry goods from insects.

Shelf life facts

Here are some tips to help you store certain items along with their expiration dates:

White flour = one year

Wheat flour = six months

Coffee = six to twelve months after ground

Extracts = several years

Dry pasta, rice, grains, cornmeal, beans = one year

Nuts = store in freezer for up to six months

Dried fruits = six months to a year outside of the fridge. Storing sealed tight in the fridge can extend freshness.

Spices = most will keep up to a year if stored in a temperature controlled pantry.

Oils = need a cool dark place and should be good for up to six months. Nut oils will last up to three months in the fridge.

Bottled products = refrigerate after opening and follow expiration date.

Jam = one year

Vinegar = one year

Spam = 60 to 90 months

Peanut butter = 24 months

Campbell soups = 18 to 24 months

Progresso soups = 36 months



Caregiver events provide free support

The Area Agency on Aging 1-B is planning two events this fall to bring education and support to caregivers.

St. Clair County Caregiver Fair

Saturday, September 19, 2009

9:00 a.m. to 1:00 p.m.

Thomas Edison Inn
500 Edison Parkway
Port Huron, Michigan

Caregivers Don't Miss

- Expert presentations on a variety of caregiving topics
- More than 25 exhibitors specializing in products and services to assist caregivers
- Free refreshments and door prizes!

This year's St. Clair County Caregiver Fair is brought to you through the support of these generous sponsors: Blue Care Network Advantage, Health Alliance Plan, Harbor Health Care, Marwood Nursing and Rehab, North Port Village, Port Huron Hospital, and St. Joseph Mercy Port Huron.

For more information, please contact Kathleen Yanik at 800-852-7795 or kyanik@aaa1b.com.

9:30 a.m. to 10:15 a.m.

"Coping with Caregiver Stress"

Brad McDonald, Community Mental Health

"Respite Care: When You Need a Break"

Brian Larsen, Program Director, Starpath Adult Day Services

Nancy Thompson, In-Home Respite Coordinator, Area Agency on Aging 1-B

"Medicare Overview"

Don Fick, Medical Services Manager, Medicare and Medicaid Representative, Council on Aging Serving St. Clair

10:30 a.m. to 11:15 a.m.

"Alzheimer's Disease: Understanding and Coping"

Debra Mittelbach, Executive Director, Arden Courts Alzheimer's Assisted Living

"In-Home Safety: Making Your Home Safe and Injury Free"

Luann Klettner-Black, LBSW, ACBSW, SW-G, Social Worker in Gerontology, Manager Port Huron Hospital 55 Plus Services

"Social Security Explained"

Dan Bowman, Social Security Representative, Social Security Administration, Fort Gratiot

11:45 a.m. to 12:30 p.m.

"Legal Tips for Caregivers"

Jim Schuster, Certified Elder Law Attorney

"Finding Help: A Guide to Community Services and Senior Housing"

Barbara Lavery, RN, Regional Supervisor for St. Clair County Area Agency on Aging 1-B

"Assistive Technologies: Making Sure Help Is Always There"

Sue Miller, Assistant General Manager; Margaret McCormick, Account Executive Guardian Medical Monitoring



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The 10th Annual Solutions for Family Caregiver Expo

Saturday, October 24, 2009
9:00 a.m. to 2:00 p.m.

Diamond Ballroom at the
Rock Financial Showplace
(46100 Grand River Avenue,
Novi, Michigan)

Parking and Admission are FREE!

Caregivers Don't Miss

- Expert presentations on a variety of caregiving topics (see below for details)
- More than 100 exhibitors displaying and demonstrating products and services to benefit caregivers
- "Ask The Expert" for answers to questions on Medicare, Medicaid, and access to local services
- 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 Caregivers Expo is made possible by these generous corporate sponsors:

Henry Ford Health System
Kroger Pharmacy
American House
Beaumont Hospitals
Blue Cross Blue Shield of Michigan
DMC Huron Valley – Sinai Health Systems
Guardian Medical Monitoring
Home Instead Senior Care
Nexcare
Presbyterian Villages of Michigan
Sunrise Retirement Communities
Trinity Senior Living Communities
The Observer & Eccentric Newspapers

Morning refreshments will be provided courtesy of Jim Schuster, Certified Elder Law Attorney; Mall Malisow & Cooney, PC; and Quality Home Health Care Services of Michigan.

Respite Care at the Expo is sponsored by ComForcare Senior Services and Comfort Keepers.

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

2009 Solutions for Family Caregivers Expo Presentations

Guests of the Solutions for Family Caregivers Expo may choose to attend the following presentations throughout the day:

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

"Adult Immunizations: Short Term Pain, Long Term Gain"

Heidi L. Diez, Pharm. D., Clinical Pharmacist and Assistant Professor, University of Michigan College of Pharmacy

The Kroger Company of Michigan

"Advocating for Quality Care for Your Loved Ones: A Legal Perspective"

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

"Medicare – Understanding Your Options"

Robert Fox, MMAP Counselor
Area Agency on Aging 1-B

"Veterans Home and Health Care Benefits: What They Are and How You Get Them"

Lauren Chamberlin, Accredited Veterans Representative, Veterans Benefits Counselor Supervisor
Oakland County Veterans Services

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

"The Key to Moving Safely is Balance: How to Improve Your Balance and Prevent Falls"

B.K. Ahmad, M.D., Neurology Service Chief, Henry Ford West Bloomfield Hospital

Kenneth Bouchard, Ph.D., Senior Staff Audiologist, Otolaryngology
Henry Ford Health System

"Protecting Older Loved Ones from Scams and Fraud"

Angela E. Branch, Special Assistant to the Attorney General
State of Michigan, Department of the Attorney General

"Caregiver Stress and Burnout: How to Get the Support You Need to Manage Stress and Avoid Burnout"

Midge Appel, MA
Adjunct Faculty, Oakland Community College, Macomb Community College



The Area Agency on Aging 1-B (AAA 1-B) is hosting its 10th Annual Solutions for Family Caregivers Expo to provide information for individuals caring for an aging or disabled parent, spouse, relative or friend.

"Medicaid: Qualifying, Applying and Receiving Medicaid Benefits"

Jennifer Houghton, Access and Benefits Supervisor

Area Agency on Aging 1-B

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

"How to Navigate Home and Community Services to Live Independently"

Kathleen Kueppers, RN, Director of Community Support Services

Area Agency on Aging 1-B

"Know the 10 Signs of Alzheimer's Disease: Early Detection Matters"

Rhonda Beauford, BS, Education and Training Coordinator, Alzheimer's Association

Dr. Rhonna Shatz, D.O., Director of Neurobehavioral Services, Department of Neurology, Henry Ford Health System

"Legal Tips for Caregivers"

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

"The Working Caregiver Survival Guide"

Bert Copple, MA, Founder, Working Caregiver Initiative and General Manager, Home Instead Senior Care, Birmingham-MI

Kathryn Bartz, MA, Director of Strategic Growth and Development at Optimal Care, Inc.

Susan Myers, CPA, CFA, CLTC, Senior Financial Planner at The Center for Wealth Management

Diane Hischke, RN, MSN, CMC, Founder, President, and Geriatric Care Manager at Serving Seniors

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AAAM09

Calendar of Events

St. Clair County Caregiver Fair
Saturday, September 19
9:00 a.m.-1:00 p.m.

Thomas Edison Inn
500 Thomas Edison Parkway
Port Huron

See pages 6 and 7 for more details.

Total Wellness Fair: Adults 50 & Better
September 22, 2009
10:00 a.m. to 1:00 p.m.

Costick Center
28600 W. Eleven Mile Road
Farmington Hills

For more information,
call 248-473-1816

"Into the Future...Planning to Live Well" Expo
September 26, 2009
10:00 a.m. to 4:00 p.m.

Mahany/Meiniger Senior
Community Center
3500 Marais
Royal Oak

Free expo will include exhibits and informational presentations. For more information, call 248-246-3900.

Senior Expo 2009
October 8, 2009
8:30 a.m. to 1:30 p.m.

Assumption Cultural Center
21800 Marter Road
St. Clair Shores

The host of WDIV-TV's Good Health, Dr. Frank McGeorge, is this year's Keynote Speaker. The event is free and includes a complimentary lunch. For further information call 586-779-6111, ext. 4.

10th Annual Solutions for Family Caregivers Expo
Saturday, October 24, 2009
9:00 a.m. to 2:00 p.m.

Diamond Ballroom at the
Rock Financial Showplace
(46100 Grand River Avenue, Novi)

See pages 6 and 7 for more details.

St. Clair County Senior Power Day
October 28, 2009
10:00 a.m. to 2:00 p.m.

Port Huron Senior Center
600 Grand River Avenue
Port Huron

This free event offers health screenings, educational displays, a flu shot clinic and complimentary brunch. For more information, please contact Mary Taylor at 800-297-0099.

Waterford Senior Center Annual Health Fair
November 10, 2009
10:00 a.m. to 2:00 p.m.

Waterford Senior Center
3621 Pontiac Lake Road
Waterford

Free health screenings, flu shots, and health information. Over 110 exhibitors. Raffles, giveaways and giveaways. Boxed lunch available for \$5. Some screenings require appointments. For more information, call 248-682-9450.

ClickonAging.com connects seniors and caregivers to local resources and information

A new website, created and supported by 12 local organizations including the Area Agency on Aging 1-B, is helping seniors and family caregivers find important information and resources on the internet.

The site serves as a comprehensive, unbiased internet resource for older adults, people with disabilities and family caregivers. It contains articles and practical advice and provides visitors with a direct link to local resources and services. It's geared specifically for southeast Michigan, so the information and resources have a local focus.

The home page features informational articles on general-interest topics related to aging. These homepage articles are updated frequently so there is usually something new whenever you visit.

The rest of the site is divided into twelve different informational categories that help visitors hone in on the exact information they are looking for.

The **Health and Wellness** section covers health issues frequently encountered in aging adults. The **About Caregiving** section speaks directly to family caregivers. The **Community Resources** section gives overviews and links to services available in the local community. Adult day service, Meals on Wheels, senior centers, and support groups are just some of the services that are explored.

Other categories go into depth on a variety of other issues like In-Home Services, Senior Housing, Finding Nursing Care, Legal Issues, Age-Related

Conditions, Planning for Care, and Paying for Care, which covers things like Medicare and Medicaid, Veteran's Benefits, and long-term care insurance. There is even a category dedicated exclusively to helpful links and additional resources.

Along with all this in-depth info, visitors will also find helpful links that will let them connect directly with local resources. For example, the article on prescription assistance contains links and contact information for five local agencies that can give seniors and caregivers assistance finding help with prescription costs.

The information on Click on Aging is designed to be completely unbiased and is contributed by trusted sources from within the aging network. Articles are written by people who have expertise on a particular subject area.

ClickonAging.com was developed as a community partnership and a community service by 12 organizations in the southeast Michigan aging community:

- The Area Agency on Aging 1-B
- Adult Well-Being Services
- Arthritis Foundation Michigan Chapter
- Binson's Home Health Care Centers
- Glacier Hills Retirement Community
- Luella Hannan Memorial Foundation
- Medilodge Group
- Nexcare Health Systems, LLC
- The Senior Alliance
- Trinity Home Health Services
- Trinity Senior Living Communities
- Visiting Nurse Association of Southeast Michigan

Correction: An article "Harness Your Passion and Make a Difference," which appeared in our last issue of Access," misidentified Jim Seegert as serving on the Board of Northfield Township. Mr. Seegert actually serves on the Board of Summerfield Township. This article also noted Seegert's work on the Area Agency on Aging 1-B Advisory Committee, but failed to mention that he is actually Chair of the Advisory Council.

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NURSING HOME

If a loved one is going into a nursing home, you need to read the FREE Special Report written by a Mount Clemens Elder Law Attorney called, "The 9 Questions You Must Ask If You or a Loved One Is Going Into a Nursing Home."

For a free copy call toll-free 1.866.828.3111, and ask for "Report D2." Call today for the information some nursing homes hope you never learn!



Mission

The Area Agency on Aging 1-B is a nonprofit organization dedicated to preserving the independence, dignity, and quality of life of older adults, family caregivers, and adults with disabilities residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties by supporting a comprehensive service delivery system and providing access to community-based care.

Goal

To be the specialists in aging and the point of access to care for individuals 60 and older, family caregivers, and adults with disabilities living in the counties of Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw.

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 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

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