

# ACCESS

Holiday  
Traditions

Pages 4 & 5



## Your Link To Community Resources

Vol. 14, No.4

A Publication of The Area Agency on Aging 1-B

Winter 2012/13

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

### Caregiver says support groups and trainings were a lifesaver

Commerce Township resident Anita Nemeth is a woman skilled at embracing life's challenges. When life throws her a hurdle, she'll research and investigate to discover viable solutions. However, one of the most valuable lessons Anita learned is that when life's hurdles get too big, you need to reach out for help.

Seventeen years ago, Anita's husband Robert began to notice that his mind was taking longer to process information and he was spending more time sleeping. She accompanied Robert on a lengthy course of doctor visits and tests which determined the root cause to be abscesses within Robert's brain. Experts pinned this to an uncommon (1 in 10,000 people), streptococcal bacterial infection that can be potentially lethal.

"He was 57 when symptoms started and by age 60, he could no longer work," she said. "Robert had signs of dementia," Anita said. She added that it wasn't long before a new symptom cropped up. Robert's body began to freeze in motion and he needed a walker to move around. "Just last February," she said, "Robert was diagnosed with Parkinson's Disease." This was a devastating blow for a



Anita and Robert Nemeth.

couple married 48 years with dreams of a golden retirement. But in Anita's world, an old English proverb prevails... 'when the going gets tough, the tough get going.'

Anita learned all she could about dementia and Parkinson's. "Then I got into a solid support group that meets every week," she said. "I found that it's so important to get with people who are in the same boat so you can discuss things freely and openly. They've become my lifeline."

At the meetings, everyone exchanges ideas, problems are aired, and everyone pitches in with solutions they've discovered along the way. "When you're taking care of a spouse

*continued on page 7*

### Low cost technological advances help caregivers stay connected

*According to recent figures compiled by the Family Caregiver Alliance National Center on Caregiving, 29% of American adults are providing care to someone who is aged, ill or disabled at an average of 20 hours per week.*

Caregivers who put forth that kind of time and energy could look to technology to conserve their resources. Yet caregivers older than age 50 are less likely to use caregiving technology, citing cost as a deterring factor.

In an effort to lessen the burden, listed below are some common caregiving issues with high tech solutions that won't burn a hole in your wallet and may work to preserve your sanity:

**PROBLEM:** I'm having a hard time staying organized and keeping everyone updated on the condition of my loved one.

**SOLUTION:** BrightStar Lifecare's CareTogether™ web-based care management tool

**COST:** Free - register online at [www.caretogether.com](http://www.caretogether.com)

This very easy, user-friendly communication tool is a secure community resource developed for family caregivers. "It has certain similarities and touch points with Facebook," said BrightStar President Keith Angelocci, "but it's not advertising based."

Launched in April of 2011, CareTogether provides a venue for families to create a private page

containing everything they need to manage the care of their loved one(s). The caregiver can add members to the care team to oversee appointments, delegate tasks, post updates and photos, and more—all from one platform. Angelocci added, "CareTogether also interfaces with Facebook, Microsoft Outlook, Google Calendar, and mobile devices."

Oakland county resident Laura Eliason experienced CareTogether first hand last March. While vacationing with her husband Art in Colorado, he was suddenly struck with a severe ruptured brain aneurism that led to other life-threatening complications. "We were in hospitals for over three months before Art could be flown home to Michigan," she said and indicated that it was hard to be so far away from family and friends.

A good family friend mentioned CareTogether to Eliason as a virtual vehicle to gather people together and coordinate a "care" community. Eliason jumped on the idea, visited the website, and viewed a set-up demonstration. She found it simple to use and easy to submit email addresses of those who would receive updates.

*continued on page 2*

### Inside This Issue

Ask the Expert .....3

Traditions Make Holidays  
Memorable for Local Families .....4

News From The Medicare Medicaid  
Assistance Program (MMAP) .....6

Older Adults Improve Quality of Life  
with AAA 1-B Healthy Aging Programs .....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



# Low cost technological advances help caregivers stay connected continued from page 1

Due to Art's tenuous condition, Eliason said that everyone wanted to know what was happening. "Without CareTogether, it would have been impossible to keep up with the phone calls, texts and emails. But through the use of this innovative tool, I could post updates as often as possible, when it was convenient," she said.

The outcome of which had a therapeutic effect on both Eliason and Art. "The outpouring of prayers from thousands of people helped us get through the ups and downs of those many, long days," she said. "I lived for those comments—caring words of hope, encouragement, and prayer."

Ironically, Eliason works in the long term care field. "Through this experience I realized that you need to be prepared for what life throws your way. With the proper planning, tools and solid communication, you can reduce the craziness and ease the burden from these huge challenges. CareTogether was a lifesaver."

**PROBLEM:** My loved one has dementia and I'm concerned they'll wander off and become lost.

**SOLUTION:** MedicAlert® + Alzheimer's Association Safe Return® 800-432-5378

**COST:** \$55/year and \$35/year to renew; ID included in the cost

Annual membership provides live, medically trained staff that delivers 24/7 emergency response service for individuals with Alzheimer's Disease or dementia by means of a MedicAlert ID that can be worn as a shoe tag, watch, sports band, bracelet, dog tag, or pendant. Engraved into these medical ID's are an 800 number and the person's MedicAlert identification number.

According to MedicAlert Media Specialist Jillian Price, "In the event of an emergency, the first responder can call our 800 number and obtain the information necessary for the individual to be medically treated or returned home in a quick and safe manner." That information includes current

medications, medical history and advanced directives.

She noted that with Medic Alert there's no software to download, no battery to charge, and the system does not rely on satellites or cell towers. She emphasized, "Our success rate is 98%."

**PROBLEM:** When faced with caregiving issues, I need answers on the spot and it's difficult to find expert advice.

**SOLUTION:** Elder 411 and Elder 911 Smartphone applications

**COST:** Free—visit [www.elder411.net](http://www.elder411.net)

Developed by a nationally recognized geriatric care manager with over 35 years of experience in the field, these separate applications are geared to caregivers and don't require internet access. They provide answers to situations that can arise with older adults.

Elder 411 contains over 500 pieces of specialized advice on a variety of non-emergency caregiving issues broken out into eleven categories concerning communication, financial affairs, etc. Face daily challenges with an expert at your side to convey insightful, tested solutions.

Elder 911 provides a step-by-step guide to handle emergency scenarios that arise with older adults for in-home or hospital experiences. You simply enter your relation to the person you're caring for, along with the timeframe of the crisis (i.e. post hospital stay, etc.), and a screen pops up with the information you'll need to get through the emergency.

**PROBLEM:** While my parents prefer to live in their own home, I'm concerned that they'll encounter an emergency situation and I'd like to be connected in some way so that I can help them as soon as possible.

**SOLUTION:** Guardian Medical Monitoring products

**COST:** For more information, contact Guardian Medical Monitoring at 877-435-7225 or visit [www.guardianmedicalmonitoring.com](http://www.guardianmedicalmonitoring.com).



Guardian Medical Monitoring has a wide range of innovative products geared to protect your loved one. Guardian's Virtually There Care offers a wireless video camera system, enabling you to remotely check in on a loved one from your smart phone, computer, or Ipad tablet.

Guardian also offers a Personal Emergency Response System which can be accessed by pressing a 'help' button on either a pendant or receiver unit. This two-way communication system connects your loved one to a specially trained Guardian care representative who will assess the situation and contact EMS, family and/or neighbors. Pendants are available in many styles and offer additional unique features such as a fall sensor and GPS tracking to monitor movement while the wearer is at home or on the go. It's an ideal tool for those with dementia or Alzheimer's Disease.

**PROBLEM:** My father has a few chronic health conditions and is resistant to help from any of his children. He also refuses to move into a more supervised living environment. We are concerned about him having a medical emergency while he is home alone

**SOLUTION:** BOB VSG system offered through Critical Signal Technologies, Inc.

**COST:** For more information, contact CST at 855-427-8585 or visit [www.criticalsignaltechnologies.com](http://www.criticalsignaltechnologies.com)

BOB VSG (Vital Signs Gateway) is CST's TeleHealth System that transmits health information directly from your loved one, to a designated physician, family member or caregiver. CST TeleHealth units/products monitor health levels, such as a blood pressure monitor; a blood glucose level monitor; a body weight scale; and/or a wrist clinic that monitors heart rhythm regularity, heart rate, oxygen saturation (SpO2) and body temperature.

Based on the person's health status, BOB VSG wirelessly captures the information from any of the above TeleHealth units and transmits the data to the CST Care Center trained specialist who, in turn, relays this information to those on your loved one's call list.

The physician can also access the information remotely at any time and is alerted when levels are beyond the normal range. It's like having a doctor watching over your loved one in the comfort of their own home.

CST, Inc. offers other assistive technology systems, including a personal emergency response system (PERS) and a medication management system.

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](http://www.botsfordcommons.org)



# ASK the expert

## Taking Care of the Caregiver

By Lynn Alexander

If you are a caregiver, you eventually learn this important truth: The best way to be taken care of as a caregiver is to take care of yourself! Although others can assist in many ways, caregivers must take charge in this regard. Thus, the most important principle of Taking Care of the Caregiver is:

### 1. Permission to Take Care of Yourself.

Many caregivers feel guilty about taking any time away from their loved one. They form what psychologists call a "symbiotic relationship" in which the needs of each person become so intertwined that they cannot be separated. One of the greatest dangers for caregivers is to neglect your own needs and push yourself into a state of exhaustion. As caregivers we are under a great deal of stress and need more, not less, in terms of rejuvenating ourselves. It is easy to stop doing

those things which recharge our batteries, like taking a walk, meeting a friend for lunch, going to the beauty salon, attending a religious service or club meeting, and even going to the doctor and dentist. Even simple things like a yoga class or hobbies can be placed aside. Remember that your needs are important too and that you have the right to take care of yourself. This will help, not hurt, your loved one. Think about it. If you become exhausted you are no goods to anyone. We would not try to drive our car without refueling from time to time. Yet we sometimes try to "run on empty". It is also useful to realize that perhaps your loved one could use a break from you too! Interaction with others can be good for their quality of life as well.

### 2. The Next Important Principle is to Ask for Help.

There is a great deal of help available. The trick is knowing where to go for assistance. At one of my presentations an audience member stated it well: "Honey, I have 18 different refrigerator magnets with 18 different phone

numbers. Which one do I call?" That is why I founded "Your Aging Well Advisor", a consulting and education firm to help educate caregivers and their loved ones on how to be strategic and find the right information and tools for aging well and caregiving. Now in a dual role as president of your Aging Well Advisor and VP of Public Affairs for Presbyterian Villages of Michigan I will continue to provide high quality information on the trends, issues and resources in this arena. You can find out more by checking out our Presbyterian Villages of Michigan Facebook page or going to our website at [www.pvm.org](http://www.pvm.org). You can also check out the Area Agency on Aging 1-B's website at [www.aaa1b.com](http://www.aaa1b.com) for caregiving strategies

### 3. The Third Principle I Want to Share With You is to Empower Yourself!

Commit to taking the following actions: Encourage everyone in your family to be involved in the caregiving process. In every family there is usually one person who is thrust into the main caregiving role. And everyone has differing capabilities. Yet all can do something to help out. Don't let your siblings or children (if you are caring for a spouse) get away with playing "The Little Red Hen." In a diplomatic yet firm way make sure they are doing

their part. Get some respite. Do all those things (or at least some) that are highlighted in our first principle. Take a vacation... for a day, a weekend, or even a week. Ask others to fill in for you. Take a stress management class. Most communities have some wonderful classes available for a nominal fee. Join a support group. The Area Agency on Aging 1-B can get you to the right place.

Remember: the #1 person for taking care of you is YOURSELF! Don't lose yourself in the process. You will be better off and so will your loved one for whom you are caring. May your life be enriched by your caregiver journey.



Lynn Alexander is the Vice President of Public Affairs for Presbyterian Villages of Michigan, and President/CEO of Your Aging Well Advisor, educating individuals on aging well and caregiving. Lynn, who cared

for both of her parents, is the author of "Caregiver Tsunami", and is a frequently requested speaker on issues which impact seniors, their caregivers, and the providers and communities which serve them. A former director for the Michigan Office of Services to the Aging, Lynn is also a columnist for The Best of Aging magazine.

PAID ADVERTISEMENT





**What do you want to do today?**

How about collaborate with the American House Choir Director. Join us on Facebook to share ideas and help create moments you will cherish for a lifetime. Or call to learn what else is possible at American House. We look forward to finding out what interests you.

<b>Genesee County</b>		<b>Macomb County</b>	
Grand Blanc	(810) 936-0520	East I	(586) 218-3639
North	(810) 936-0521	East II	(586) 439-3065
<b>Oakland County</b>		Lakeside	(586) 648-1699
Elmwood	(248) 237-3415	Sterling I	(586) 218-3211
Farmington Hills	(248) 809-1327	Sterling II	(586) 477-4566
Hazel Park	(248) 721-8929	<b>Washtenaw County</b>	
Milford	(248) 507-4973	Carpenter	(734) 408-4124
Oakland	(248) 605-8767	<b>Wayne County</b>	
Royal Oak	(248) 721-8930	Dearborn Heights	(313) 449-8719
Southfield	(248) 809-5204	Livonia	(734) 666-0740
Stone	(248) 609-7631	Riverview	(734) 939-0500
The Village	(248) 237-3413	Southland	(734) 720-1858
Troy	(248) 721-8620	Westland Hunter	(734) 259-2469
West Bloomfield	(248) 242-7035	Westland Joy	(734) 447-5460
Licensed Assisted Living / Memory Care		Westland Venoy	(734) 259-2467
Regent Street (248) 683-1010			

**Residences • Dining • Enrichment • Wellness • Transportation  
Laundry • Housekeeping • Support Services\***

\*Support services provided on-site by a third party home health care agency.

MADE IN 

**LAURA SHARES HER LOVE OF MUSIC WITH AMERICAN HOUSE CHOIR DIRECTOR.**

**100% CONNECTION**

**XL INSPIRATION**





# Traditions

## make holidays memorable for local families

Catch the sound of distant bells, the sight of twinkling lights and the aroma of festive home baked goods wafting from the oven and you know the holiday season is here. Several local families plan to celebrate with customs and traditions handed down through the generations as a way of reaffirming their roots.

Others will embrace new traditions to strengthen family bonds. The fact is, holiday routines offer a variety of perks such as:

- memories captured and passed down in the form of family stories that create a sense of belonging
- structure and repetition which can be emotionally healthy for both young and old
- a fostering of family values through meaningful customs

- a sense of connection during a season that, due to weather, can be isolating
- a measure of continuity in our world which is constantly evolving

Often, holiday customs and traditions are tied to nationality. Swedes ring in Christmas Eve with glogg, a mulled wine drink, and Jul grot, a porridge containing a treasured almond which promises the recipient good luck in the New Year. Mexicans

participate in a Las Posada (procession) to commemorate the journey of Joseph and Mary.

For people of Polish descent, “Wigilia”, derived from Latin’s vigilare and means “to await,” takes place on Christmas Eve. To prepare for this celebration, the home is cleansed from top to bottom. In the old days, the state of the house at Wigilia represented how the home would appear throughout the New Year. Whew, no pressure there.

Polish pride runs deep with Oakland county resident, Theresa Wasniewski, who was born in Poland and grew up celebrating Wigilia with her parents, then with her husband Stan and their three children, and now with her seven grandchildren. “It’s a beautiful tradition that begins with Advent, the four weeks leading up to Christmas Eve,” she said. “During this time we sing Christmas carols and make decorations for the tree with the children.” In the old days you wouldn’t buy decorations, the children would make them.

Wasniewski said that as a child she’d create paper chains and garland made from straw, silver and gold to symbolized the wise men’s gifts of silver and gold.

Wasniewski remembers celebrating Christmas Eve as a little girl, “when my parents would open the doors to the room where we had the tree, it would be all lit up with presents beneath it.” Instead of going for the toys Wasniewski said, “I’d lie down on my stomach and sing a Polish hymn to baby Jesus in the manger. My children would do the same when they were little.”

During the Wigilia day, fasting takes place prior to the evening’s meal, which is meatless. There are 12 dishes, symbolic of the 12 apostles, and items on the menu are gathered from nature. Fish is the main entree.

The table’s appearance plays an integral role in the symbolism of the evening’s celebration. The white table cloth represents snow and there’s always an extra place set at the table. If by chance a neighbor or stranger would come to your door, they are welcome to join the family at this seat. It’s a reminder that there should always be room at the inn for any unexpected guest. It can also serve as a seat of respect for a family member not present or one who passed on that year.

“In the villages outside the cities, the tablecloth is covered with straw. But we wouldn’t have that,” said Wasniewski. “In our home, we’d place a few straws on the table.” Other homes incorporate straw into each place setting. As everyone is seated, guests raise their straw. The size of the straw may represent a person’s lifespan; the color may represent their marital status or the person who draws the longest straw will have their wish granted in the New Year.

The meal commences when the youngest person catches sight of the first star in the sky and announces, “The star is here!” Candles adorning the table are lit and the tree lights turned on to set the stage for the evening festivities that begin with a prayer, a bible reading and then the breaking of the consecrated bread called “Oplatek” (pronounced ‘oh-pwha-tech’).

After supper, everyone gathers around the tree to sing Kolyedy (Christmas carols), while children open their presents. The evening concludes with a trip to church at midnight mass. Traditionally, Christmas day is centered on rejoicing and relaxation.





*The Wasniewski brothers gather at the tree to celebrate Christmas of 1967.*

In other homes throughout Metro Detroit, when ethnicity is not the focus, customs are adopted or created to suit a family's personality and style. Sandy Palmer, a resident of Royal Oak, traditionally serves up a big Christmas Eve feast that includes family favorites like king crab and a grand finale of Sander's hot fudge cream puffs.

The highlight of the evening follows dinner when a Santa hat is passed around the table containing one of the verses from 'The Twelve Days of Christmas.' Guests reach in and pull out a slip of paper with their verse. "We'll sing the song together and each person sings their line, but the trick is being able to get your verse in on cue." She mentioned that not only does this tradition get everyone laughing; it's also simple and always memorable.

But for Palmer, the best tradition occurs when the evening comes to an end. "As long as I can remember, even when my kids were little, after we'd leave the table, the children, and now my grandchildren, gather around as I read, 'The Night Before Christmas,' she said. "Those are my fondest memories."

On the other side of Oakland County, residents Susie Zaks and her grandson Cameron Klein add a different spin to their holiday season. Two years ago,



*Susie Zaks with Brady and Cameron Klein.*

Zaks discovered the Adopt a Family program while working for Jewish Family Services (JFS). "I wanted to do something meaningful with my grandson, now age 7, and felt this would be the perfect Tzedekah, act of giving, project to do together during Chanukah," she said.

Zaks and Klein were assigned an anonymous family that happened to be a single mom with two children ages 4 and 7. The family supplied a Chanukah "wish list" and, armed with this information, Zaks and Klein got down to business. "Cameron was excited to make the decisions as to what toys to buy the kids. This gave us a chance to bond as we spent an entire afternoon together shopping, having lunch, and then dropping off our gifts at JFS. Cameron helped carry in the items and got to see where all the donated gifts were stored," said Zaks. "It was an excellent avenue for teaching the Jewish tradition of Tzedekah."

She mentioned that their family would often refer back to this experience throughout the year when Tzedekah was discussed during family conversations or in Cameron's classes at school.

"I know that Cameron feels proud of himself for participating in the Adopt a Family program," said Zaks. "When he opens his own gifts, he knows that he has helped other children have a special Chanukah too."

Now approaching their third year with Adopt a Family, Zaks said, "Volunteering together has truly enhanced our relationship." She added, "This year I'll include Cameron's younger brother Brady so that he too can be part of this Tzedekah experience. It's a new tradition just for me and my grandchildren."

This "giving to others" theme also plays a major role in the holiday celebration of the Seppo family. According to St. Clair County resident Tom Seppo, "About 17 years ago, my wife Brenda, daughters Rebecca and Andrea, and son Andrew and I got tired of the commercialism of receiving presents and ripping them open with little thought of others. So we decided to deliver holiday meals to senior citizens on Christmas day. We loved the idea of helping others so much and the warm, fuzzy feeling we got that this tradition has become the center of our celebration." He added with a smile, "We even throw in a little caroling when we present a holiday meal."

Tom continued, "Our family works together to remember the less fortunate on a day when so many older adults are alone. We all carry something; we sing together; and ultimately, we realize how fortunate we are to have one another."

For more information about Holiday Meals on Wheels, see page 8.



*The Seppo family.*

### Three bond-building holiday traditions that can add a little snap to your season:

- 1) Brew hot cocoa, cider, or holiday tea and take it along in traveling cups as you pile into the car. Then, turn up the holiday tunes and drive around the neighborhoods, checking out holiday light displays.
- 2) Create holiday cards for older adults who reside in nursing homes and assisted living facilities throughout Michigan. For more information, visit [www.snailmailforseniors.com](http://www.snailmailforseniors.com).
- 3) Hold a family roast! Prior to your gathering, assign guests the name of a family member who has passed away. Their mission...to arrive bearing a photo or illustration of this person along with a funny or fascinating story about them. As dessert is served, guests make their presentations one at a time. In memory of your loved one, clink glasses of a holiday beverage at the end of each presentation. The evening could begin or end with a family prayer and could be tape recorded or video-taped for posterity.

### Do and don't list for creating or keeping traditions alive

#### Do...

- Choose something that you can remain consistent with each year
- Keep it simple and positive
- Select rituals that encourage family values, bonding, and positive interaction
- Check out [www.volunteermatch.org](http://www.volunteermatch.org) for volunteer opportunities in your area to experience during the holiday season. Type "holiday volunteering" into the advanced search box.

#### Don't...

- Feel pressured to maintain customs that no longer work
- Get trapped in the details, especially productions that require a lot of time. Traditions with these characteristics may fall by the wayside with future generations.



# News from the Medicare Medicaid Assistance Program (MMAAP)

In 2013, Medicare beneficiaries will notice their Medicare Summary Notice (MSN) will look different when it arrives in their mailbox. The MSN is the statement that informs Medicare beneficiaries who are enrolled in Medicare Part A and/or Part B about their claims for Medicare benefits.

## What you need to know:

Starting in 2013, the Centers for Medicare & Medicaid Services (CMS) will mail the MSN to beneficiaries quarterly.

CMS announced the redesign earlier in the year as part of a new initiative, "Your Medicare Information: Clearer, Simpler, At Your Fingertips," which aims to make Medicare information more accessible, and easier for beneficiaries and their caregivers to understand.

CMS will take additional actions to make information about benefits, providers, and claims more accessible and easier to understand for seniors and people with disabilities who have Medicare.

## Features of the Redesigned MSN:

The MSN redesign is the result of more than 18 months of research and feedback from beneficiaries to provide enhanced customer service and respond

to suggestions and input. The redesigned MSN includes several features that are not available in the current MSN, including:

- A clear notice on how to check the form for important facts and potential fraud;
- An easy-to-understand snapshot of:
  - The beneficiary's deductible status
  - A list of the providers they saw, and
  - Whether Medicare approved their claims
- Clearer language, including consumer-friendly descriptions for medical procedures;
- Definitions of all the column headers present in the form;
- Larger fonts to make it easier to read; and
- Information on preventive services available to Medicare beneficiaries.

## Detecting Errors and Fraud:

The MSN is an important document for beneficiaries to review carefully to make sure you are not billed for services you didn't receive. If you do find errors or suspect fraud, call the health care provider that is listed on the MSN and inquire about the questionable item(s). In many cases, it may be the result of

The image shows two versions of the Medicare Summary Notice (MSN) for Part B (Medical Insurance). The left version is the 'CURRENT' MSN, and the right version is the 'REDESIGNED' MSN. The redesigned version features a more user-friendly layout with larger fonts, clearer headings, and a more organized presentation of information. It includes sections for 'Notice for Your Name', 'Your Claims & Costs This Period', 'Your Deductible Status', and 'Providers with Claims This Period'. The redesigned MSN also includes a 'THIS IS NOT A BILL' notice at the top right.

a billing error, which can easily be corrected. If your question is not resolved and you still think the charges are fraudulent, call the Senior Medicare Patrol at 1-855-613-7080.

## For More Information

To see the side-by-side comparison of the full old and redesigned MSN document, please visit

[http://www.cms.gov/apps/files/msn\\_changes.pdf](http://www.cms.gov/apps/files/msn_changes.pdf) on the CMS website.

Your local Medicare Medicaid Assistance Program (MMAAP) is a trusted, unbiased resource, available to help answer your questions Monday through Friday, from 8 a.m. to 5 p.m. by calling 800-803-7174. This service is free of charge.

## From Our Family To Yours

*Delivering high quality senior living for those you care for*

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

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

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



PAID ADVERTISEMENT

**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

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

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





# Expo Helps Caregivers Find Support

Approximately 1,200 caregivers attended the Area Agency on Aging 1-B's 13th Annual Solutions for Family Caregivers Expo, which took place on Saturday, October 13, 2012 at the Sterling Inn in Sterling Heights. This event offered an opportunity for people caring for an aging or disabled relative or friend to visit with more than 90 exhibitors, attend educational seminars and network with other caregivers. Free morning refreshments were served and caregivers had a chance to win great prizes. Respite care at the expo provided complimentary, professional care onsite to 15 older adults while their caregivers attended the event. The expo will return to the Suburban Collection Showplace in Novi on Saturday, October 12, 2013.

We would like to thank the generous sponsors who helped make the 13th Annual Solutions for Family Caregiver Expo possible:

## Platinum Co-Sponsors

- HAP Medicare Solutions & Henry Ford Health System

## Gold Sponsors

- AAA – The Auto Club Group
- Blue Cross Blue Shield of Michigan/Blue Care Network

- Christopher Berry, Elder Law Attorney, Witzke, Berry, Carter & Wander, PLLC

## Silver Sponsors

- American House Senior Living Communities
- Guardian Medical Monitoring
- Meridian Advantage Plan
- NexCare Health Systems
- Presbyterian Villages of Michigan
- Visiting Physicians Association
- Waltonwood

## Refreshment Sponsors

- Jim Schuster, Certified Elder Law Attorney
- SMART
- Trinity Senior Living Communities

## Respite Sponsors

- Hospice of Michigan
- Sunrise Senior Living

## Respite Care Providers

- Alzheimer's Association - Greater Michigan Chapter
- Interfaith Volunteer Caregivers

For questions about the Caregiver Expo, or information about sponsorship opportunities, contact Sallie Justice, Communications Manager at AAA 1-B, at [sjustice@aaa1b.com](mailto:sjustice@aaa1b.com), or at 248-262-9947.



## caregiver support groups and trainings

*continued from page 1*

24/7, you're constantly dealing with issues and there's never any let up," she said. "Just when you think things are under control, it changes and oftentimes, it's worse, so you have to switch up your thinking and improvise."

Through her support group, Anita received an email from the Alzheimer's Association. "It had information about a free course offered locally by the Area Agency on Aging 1-B (AAA1-B) called 'Creating Confident Caregivers'™ (CCC) and I decided to enroll," Anita said.

In partnership with the Alzheimer's Association's Greater Michigan and Michigan Great Lakes Chapters, the AAA1-B facilitates six-week educational trainings for family members currently caring for a person with a dementia-related illness at various times and locations throughout Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. The program uses methods from the University of Minnesota's "Savvy Caregiver" program and is designed to reduce caregiver stress by providing useful tools, strategies and information that will...

- Increase caregiver's knowledge and understanding of the impact of the disease on the brain

- help caregivers manage difficult behaviors caused by dementia
- implement daily activities devoted to the person's strengths
- boost caregiver confidence
- encourage caregivers to take care of themselves

The training is designed for the primary family caregiver and it is not open to paid caregivers. Up to three family members can attend the training together and each class is limited to twelve participants. Classes are six weeks long and held once a week for two hours.

While there is no fee for the program, books, and other materials; participants are encouraged to attend all six sessions to fully benefit from CCC™. On-site respite care is also available for the person you care for at no charge.

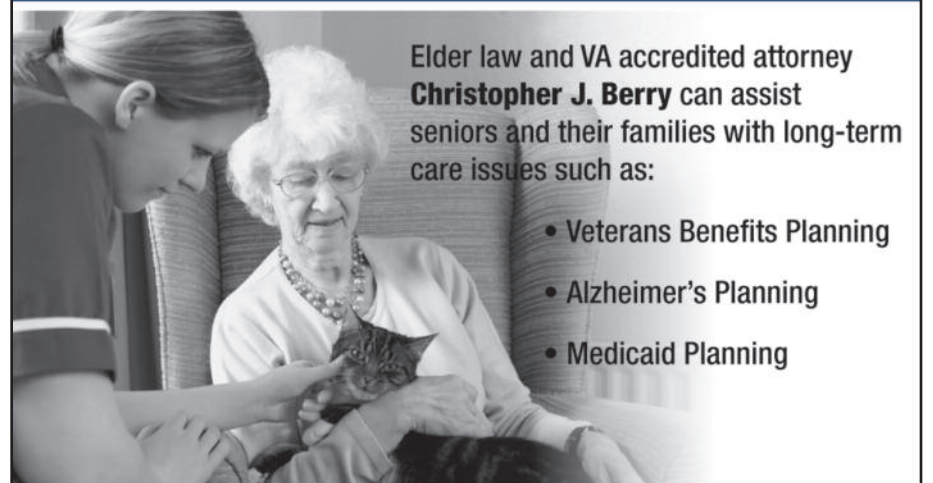
Anita found CCC to be invaluable. "It was very educational and gave me the confidence to speak up more at my support group," she said. "It also reinforced the fact that, by caregiving standards, I'm doing things the right way."

If you'd like to register for an upcoming CCC™ training program in 2013, call the AAA 1-B at 800-852-7795 during the week from 8 a.m. to 5 p.m.

PAID ADVERTISEMENT

## Peace of Mind for Seniors

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



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

For more information:

[WWW.MICHIGANELDERLAWCENTER.COM](http://WWW.MICHIGANELDERLAWCENTER.COM)



**CHRISTOPHER J. BERRY**  
Attorney at Law

Witzke Berry Carter & Wander PLLC  
2550 S. Telegraph Road | Suite 255 | Bloomfield Hills, MI 48302 | Phone: 248-481-4000



## Older Adults Improve Quality of Life with AAA 1-B Healthy Aging Programs



Seniors at the Pearl Wright Senior Center in Royal Oak Township enjoying an Enhance Fitness class. Photo courtesy of the National Kidney Foundation of Michigan.

The Area Agency on Aging 1-B (AAA 1-B) supports several senior health and wellness, chronic disease management, and injury-prevention programs, held at various locations throughout Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. Programs such as:

**Enhance Fitness** – exercise class focused on cardiovascular exercise, strength training and flexibility.

**Healthy Eating for Successful Living** – nutrition class for healthy aging, chronic disease prevention, and weight management

**PATH (Personal Action Toward Health)** – provides strategies to help manage chronic or long term health conditions (chronic disease self management)

**Diabetes PATH** – strategies for managing Diabetes

**Chronic Pain Self Management** – explores ways to manage frustration, fatigue, isolation, poor sleep; appropriate exercises for maintaining strength, flexibility and endurance; use of medications; nutrition; and communication with friends, family and doctors.

**A Matter of Balance** – strategies to help manage concerns about falling and increase activity levels

All of the above programs are evidence-based health programs that have been tested and proven to work in a real-world setting.

Eight-six year old Betty, enrolled in the Enhance Fitness class at Pearl Wright Senior Center credits the class for helping her recover from two breast cancer related surgeries. "After each surgery I returned to Enhance Fitness within a few days and gradually I was able to do all of the exercises – even

with weights," explained Betty. "My surgeon scheduled ten physical therapy appointments but after the first two, the therapist said I didn't need anymore and cancelled the remaining eight appointments. The therapist was so impressed she asked for the information so she could tell some of her other patients about it."

The AAA 1-B is partnering with several companies to provide these evidence based programs in 2013, including Adult Well Being Services, Asian Center of Southeast Michigan, Howell Senior Center, Jewish Family Services-Washtenaw County, Macomb County Community Services Agency, National Kidney Foundation of Michigan, and Presbyterian Villages of Michigan.

For details on locations and times, questions, or more information about any of these programs, visit [www.aaa1b.com](http://www.aaa1b.com), click on "Programs and Services" and then "Senior Health and Wellness," or contact Kristin Wilson, the AAA 1-B program manager/training specialist, at [kwilson@aaa1b.com](mailto:kwilson@aaa1b.com), or 248-262-9226.



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

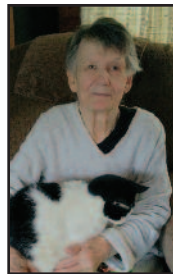
Resource specialists can quickly answer questions and access information for callers using a computerized database listing over 5,000 senior services and 2,000 providers in southeast Michigan. Call toll-free, 800-852-7795. Hours are 8 a.m.- 5 p.m., weekdays. You can also visit [www.aaa1b.com](http://www.aaa1b.com)

#### AAA 1-B Access Centers

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

*ACCESS: Your Link to Community Resources is published by the Area Agency on Aging 1-B, 29100 Northwestern Highway, Suite 400, Southfield, MI 48034, phone: 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 Sallie Justice, Communications Manager, editor. Access is written by Rebecca Rabano. Design and production by Northlight Design. Printing by Pinnacle Printing & Promotions.*

## Holiday Meals on Wheels Impact the Lives of Older Adults



Monica, who is pictured here with her loving family member Oreo, looks forward to receiving a visit from a Holiday Meals on Wheels volunteer on Thanksgiving, Christmas, New Year's Day and Easter.

This year, when you are considering making a donation to a cause that is meaningful to you, we hope that you will include Holiday Meals on Wheels (HMOW). HMOW makes a difference in the lives of thousands of seniors in southeastern Michigan who are frail and homebound and who may be spending the holidays in silence. The knock on the door from the volunteer who brings them their warm, nutritious holiday meal, is a connection to the spirit of the season, and may be the only visit they receive that day. Holiday Meals on Wheels are delivered on:

- Thanksgiving
- Christmas
- Chanukah
- New Year's Day
- Easter
- And Passover

Holiday Meals on Wheels are funded almost exclusively through donations. Be a part of improving a senior's spirits and wellbeing this holiday. It is simple to donate. Call the Area Agency on Aging 1-B at 800-852-7795, or visit [www.aaa1b.com](http://www.aaa1b.com).

PAID ADVERTISEMENT

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



"Living Well" is a radio series that can be heard on our 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.

Listen for "Living Well" on these stations:



29100 Northwestern Highway, Suite 400 • Southfield, MI 48034  
800-852-7795 • [www.aaa1b.org](http://www.aaa1b.org)

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



**Jim Schuster**  
Certified Elder  
Law Attorney