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# URBAN AGING NEWS

Urban Aging News

Issue 3 | Spring 2016

*Info, Insight & Inspiration for  
Metro Detroit's Maturing Adults*



## Who's Minding Our Elderly?

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**Paul Bridgewater**

PRESIDENT & CEO

DETROIT AREA AGENCY ON AGING (AAA IA)

Paul recently celebrated 35 years with his agency and leads the nation in providing Holiday Meals on Wheels.

**Tina Abbate Marzolf, CEO**

AREA AGENCY ON AGING IB

Tina is a wizard at creating & funding innovative programs to fill unmet client needs while also helping to diversify the agency's funding base

**Bob Brown**

EXECUTIVE DIRECTOR

THE SENIOR ALLIANCE (AAA IC)

Joining the staff in 2004, Bob engineered a complete operational turn-a-round to ensure top standards and services would be met at every level.



## PACE Southeast Michigan Opens In Warren

Seniors aged 55 and older who are living with chronic illness and want to remain in the community for as long as possible, now have another choice with the recent opening of a Program of All-Inclusive Care (PACE) in Warren. A unique health plan, funded by Medicare and Medicaid, PACE provides a supportive, comprehensive set of services to help seniors prevent avoidable emergency room visits, hospitalizations and nursing home placements.

PACE is a non-profit organization jointly owned by Henry Ford Health System and the Presbyterian Villages of Michigan. It has two other locations—Detroit Northwest College Park and the Thome Rivertown Neighborhood. To learn more about PACE Southeast Michigan, please call at (855) 445-4554 or visit [www.pacesemi.org](http://www.pacesemi.org). ■

## Elder Law of Michigan Hotline Offers Free Legal Advice, Advocacy

If you or a loved one need legal advice, Elder Law of Michigan provides assistance free of charge through the Legal Hotline for Michigan Seniors. Qualifying older adults must meet one of three criteria: be low income ages 50-59, be age 60 or over, or deemed disabled by the Social Security Administration. Calls are answered by experienced attorneys on legal topics ranging from Medicaid to debt collection and estate planning to no-fault insurance, and even rights regarding pets. The hotline is available for intake, Monday-Thursday, beginning at 10 am, at (800) 347-5297. ■

# URBAN AGING NEWS

UAN is free publication circulated throughout metro-Detroit.

For advertising, editorial contributions or distribution site requests, call (313) 204-5140.

Publisher.....Patricia Ann Rencher

Editor ..... Kim Walsh



UAN is a product of Urban Aging, L3C

## Creating Confident Caregivers®



A program for family members caring for a person with dementia and/or memory loss

*"I feel this program was very hands-on and educational, and it not only gives you skills as a caregiver, but gives you insight into what the person is feeling and experiencing."*  
—Family Caregiver

### About the Program

Creating Confident Caregivers® uses the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. These FREE, two-hour sessions are held once a week for six weeks and led by staff trained in the program. Caregivers learn new information, skills and attitudes to manage stress and increase effective caregiving skills.

### What's In It For You?

#### Learn about:

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one



**Thursdays, March 10 – April 14, 2016**  
**1:30 p.m. – 3:30 p.m.**

Services for Older Citizens  
158 Ridge Road  
Grosse Pointe Farms, 48236

To register, call: Carolyn Van Dorn at 313-642-1122 or email at [cvandorn@nursingunlimitedonline.com](mailto:cvandorn@nursingunlimitedonline.com)

**Thursdays, April 7 – May 12, 2016**  
**10:00 a.m. – 12:00 p.m.**

NSO-Senior Support Coordination Program  
Northwest Activities Center  
18100 Meyers  
Detroit, MI 48235

To register, call Nafeesa Johnson at 313-864-7828 or email at [njohnson@nso-mi.org](mailto:njohnson@nso-mi.org)

**Wednesdays, May 25 – June 29, 2016**  
**1:00 p.m. – 3:00 p.m.**

St. Patrick Senior Center  
58 Parsons St.  
Detroit, MI 48201

To register call Adrainne Piner at 313.831.2520 or email at [a.piner@stpatsrctr.org](mailto:a.piner@stpatsrctr.org)

## Annual Caregiver Conference Set for May 14

Whether your caregiving or just want to learn how to plan for the infirmity or incapacitation for your elderly loved one or yourself, taking the time to learn the essentials of aging with dignity and choice is well worth your time.

Held on Saturday, May 14 at Wayne County Community College-Northwest Campus, Outer Drive at the Southfield Expressway, experts from the Aging Network will present expert-led panel discussions on Elder Abuse/Elder Self-Neglect,

Home and Community Based Services and Supports and Elder Legal Planning.

Geriatrician Gwendolyn Graddy-Dansby, M.D., medical director of Program of All-Inclusive Care (PACE) will provide the keynote address. Resource tables from commercial and non-profit aging services providers along with a free continental breakfast and lunch is provided. Vendor viewing begins at 8:00 am. The conference is free, but you must be registered in advance. To register, call: 313-355-7504, or visit: [www.detroitcaregiversupport.com](http://www.detroitcaregiversupport.com). ■

Registration begins April 1.

For exhibit tables, call: 313-614-3288.

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## Vital Paperwork Now Can Save Grief

can they do crucial Medicaid planning. Anyone who hopes to undertake these tasks would have to go to court to be officially appointed the person's guardian if a POA is not in place.

People often balk at the thought of preparing and signing a durable power of attorney. The elder may feel as if he or she is losing independence. An equally fearsome thought is that the agent they appoint will go against their wishes. So it's essential to choose an agent wisely and to discuss the scope of the responsibility. The document can be revised or revoked at any time, as long as the person who signed it is considered

competent. Otherwise, it stays in force until death.

To learn more, contact your attorney or advisor. You can also find self-completion kits on the state's website under Aging and Adult Services and many financial, insurance or aging services provider sites. To see if you qualify for help at no cost, call the Elder Law and Advocacy Center at (313) 937-8282, or check out the Hannan Foundation legal clinics at (313) 831-1300 X32. If your income is too high for free services, Elder Law may refer you to its sliding-scale sister agency, Great Lakes Legal. ■

## Wanted: Elder Mediators

Are you interested in helping families make important decisions about financial health, daily living, and other issues for their older adult loved ones? Consider certification in Elder Mediation training hosted by Great Lakes Legal Mediation Division. The course explores the advanced mediation specialty of Elder Mediation targeting anyone interested in the conflict resolution process. The two-day training focuses on the mediator's responsibility to include the older person in the mediation process. It is an advanced training for those who have already taken

basic mediation, as well as an introduction for those who have not. Existing mediators can receive 13 advanced training CEU credits. Approval for 13 CEU credits for social workers and Nursing Home Administrators is pending.

Held on June 8 and June 9, 2016, from 8:30 am-5 pm, at WCCC-Western campus in Belleville, early registration is \$600, regular registration is \$650, plus processing fees. A continental breakfast, lunch and light snacks are included. A limited number of scholarships are available. For more information, call (313) 937-8291, ext. 106. The registration deadline is Monday, June 6, 2016. ■

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## Captioned Telephones Aid Hearing Disabled for Free



If telephone conversations are getting increasingly difficult, a captioned telephone could make life easier. The phone operates like any other phone but has a built-in screen to display in text (captions) everything the other person on the call says. The phone allows the user to listen and read simultaneously. The volume is easily adjusted while in use, and all captions are saved in the phone until erased.

Ideal candidates are people with a hearing disability but some residual hearing. The service is available to anyone regardless of income, age, veteran status or insurance, but hearing loss must be verified by a hearing specialist or general practitioner. According to Tracy Dunk-Salisbury of ClearCaptions, a Michigan provider, "We take care of all of the paperwork so the client or caregiver doesn't have to."

Dunk-Salisbury says the phone is simple to use and takes about an hour to install. The client is thoroughly instructed on how

to use the phone. Programming frequently called numbers and answering machines is also provided. Billing is handled between ClearCaptions and the Feds and not through any insurance or individual.

Salisbury says prospective clients often argue, "I'm not ready for this yet," assuming their hearing loss is not severe enough to warrant using a specialty phone. Her recommendation is that one's hearing never gets better and learning something new is easier now before you're really struggling to hear.

The ClearCaptions service is provided through the Americans with Disabilities Act and funded through the universal service fee that has been charged on every American's telephone bill since 1990. Reach Tracy Dunk-Salisbury of ClearCaptions at (810) 360-9364 or [tracy.dunk-salisbury@clearcaptions.com](mailto:tracy.dunk-salisbury@clearcaptions.com). ■

## Vital Paperwork Now Can Save Grief

Planning ahead is the safest way to ensure your wishes are met or that your loved one is taken care of should they become incapacitated or die. It is important to understand how the law can protect a person's interests. Following is an overview of wills, trusts and related health care directives in Michigan. There are many documents that should be put in place. But sometimes caregivers, adult children and their elderly parents don't understand the terms or what each document means. Here are definitions for some of the essential legal documents your family should have in place:

**Living Will:** Describes and instructs how your loved one wants their end-of-life health care managed. A living will is one type of advance directive. It takes effect when the patient is terminally ill.

**Advance Directives or Healthcare Directives:** Written instructions about future medical care should someone become unable to make decisions—being unconscious, for example or too ill to communicate.

**Durable Power of Attorney:** There are two types of Power of Attorney (POA). *The POA for Healthcare* gives a designated person the authority to make health care decisions on another's behalf. *The POA for Finances* gives a designated person the authority to make legal/financial decisions on

another's behalf.

**Do Not Resuscitate (DNR) Form:** Instructs health care professionals **not** to perform CPR or other emergency measures in case of a stopped heart or breathing.

**Will:** Indicates how a person's assets and estate will be distributed among beneficiaries after his/her death.

**Living Trust:** Gives a designated person, called a trustee, the authority to hold and distribute property and funds.

Families should prepare these legal documents long before someone starts having trouble handling certain aspects of life. At the time of the signing, a person must be capable of deciding to seek assistance. People in late stages of Alzheimer's disease, for example, may not be "of sound mind" and therefore unable to appoint a POA.

Like a trust, a durable power of attorney can be written so that the transfer of responsibilities occurs immediately. Or it can state that the POA only goes into effect when the person becomes incapacitated. Until that point, the elder can choose to continue to make decisions themselves.

A durable power of attorney is essential. If your loved one becomes incapacitated or incompetent without having prepared this document, family members will not be allowed to make many important financial or healthcare decisions. Nor

*Continue on page 7*



## IN MY MIND

I'd never heard of an Area Agency on Aging until Mom got sick. Like so many things about aging, many of us just don't know. We hope a quick trip down an historic path will encourage you to learn about these services BEFORE you or a loved one's well-being is on the line.

A lot of legislation and a lot of

pain went into our present-day services for senior citizens. Before 1935, older adults were regarded as a community nuisance. If you were well and lucky enough to have work, you were deeply resented for taking a job from a more-deserving young person. If you weren't, and didn't have family support, you were relegated to the "Poorhouse". Yes—that's where the expression originated. Poorhouses were institutions run by a county or town to house paupers, who were largely poor, ill or disabled old people. These poorhouses, according to one source, "could even be part of the same economic complex as a prison farm or other penal institutions." Poorhouses were often situated on the grounds of a farm where able-bodied elderly residents were required to work. And those who were physically

or mentally ill, were subjected to deplorable conditions, including chains. With the enactment of Social Security, most of these nightmarish places, dating back centuries, disappeared.

It still took the slowly grinding of government another 30 years to provide for vital healthcare reform, in the form of Medicare. In that same year, the Older American's Act provided comprehensive services for older adults. It created the National Aging Network comprising the Administration on Aging on the federal level, State Units on Aging and Area Agencies on Aging at the local level.

The AAA's—a key point of entry for resources—have excellent programs, including prevention and disease-management programs, which often go underutilized because people

don't know or chose not to know until crisis hits and they're met by a wait list. It's our position that in the midst of a family calamity it's almost too late to learn about your local AAA's offerings. Kim Walsh has done a wonderful job of describing the services and programs as well as giving some historical context.

We believe a quick education now can save you time and grief when the need arrives.

Warm regards,

Pat

*Patricia Ann Rencher*  
Patricia Ann Rencher,  
Publisher  
[urbanagingnews@yahoo.com](mailto:urbanagingnews@yahoo.com). ■

P.S. Thank you to Bob Brown, Tina Abbate-Marzolf, and Paul Bridgewater and their staffs for their unwavering commitment to seniors in southeastern Michigan



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For more information call 248.281.2020

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# Who's Minding Our Elderly?

## Aging in America and the continuum of services today

By Kim Walsh

Before the Great Depression, public social welfare in America was already a mess. So one positive outcome was the enactment of *Social Security* in 1935. With the extraordinary unemployment—including 1/3 of all people 65-plus, Legislators had been forced to take a deep look into what had become a fractured and corrupt support system for older low income, ill or impoverished people.

The hard focus on senior citizens set up the topic of “aging” as a national interest. By 1937, at the national meeting of the *American Association of Social Security*, the *Social Work Group* allowed

*“Area agencies on aging shall, consistent with this section, facilitate the area-wide development and implementation of a comprehensive, coordinated system for providing long-term care in home and community-based settings, in a manner responsive to the needs and preferences of older individuals and their family caregivers.”*

-Older Americans Act

its first-ever separate program sessions for these issues. They were packed!

By 1950, Federal funds were appropriated separately for social service programs under the *Social Security Act*. A Special Staff on Aging was created, and by 1956, the Federal Council on Aging was established under *The Health, Education and Welfare Department (HEW)* – now HUD.

In 1961, the first White House Conference on Aging took place and *The Older Americans Act* was signed into law July 14, 1965.

Both Medicare (the health insurance program for elderly people) and Medicaid (the health insurance program for low-income people) shortly followed.

In 1973, amendments to the *Older Americans Act* established *Area Agencies on Aging (AAA)* and authorized Federal grants to local community agencies to be the “on-the-ground” organizations charged with helping vulnerable older adults live with independence and dignity in their homes and communities.

Today, under the U.S. Administration on Aging, AAAs coordinate a complex local service delivery system that serves millions of older adults and caregivers in every community in the country. Some-622 AAAs, plus 256 Native American aging programs and nearly 20,000

community service providers make up what is known as “*The Aging Network*.” They represent a wide array of programs and services geared toward independent living under four key areas: *Nutrition Services, In-Home Services, Caregiver Services and Community Services*.

Michigan is served by 16 AAAs (aka state Planning and Service Areas or PSAs) in 83 counties as part of *The Aging & Adult Services Agency (AASA)*, formerly the Michigan Office of Services to the Aging. The AASA is Michigan’s State Unit on Aging and is granted the authority to develop and administer its multi-year state plan within the goals of the Older Americans Act, as amended, and the Older Michiganians Act (which also provides funding). Federal funds received by states are based on a weighted system that takes aging population, income and a number of other factors into consideration. These funds are made to the State Unit, which in turn uses a similar formula to determine how much will be allocated to each AAA.

Because the bulk of Michigan’s residents live in Southeast Michigan, it is the only Region further divided into three

independent AAAs:

- AAA 1-A (The Detroit Area on Agency on Aging) serves the city of Detroit, the Grosse Pointes, Hamtramck and Highland Park—contact (313) 446-4444 or info2@daaa.org
- AAA 1-B serves Oakland, Macomb, St. Clair, Livingston and Washtenaw Counties—contact (248) 357-2255 or (800) 852-7795
- AAA 1-C (The Senior Alliance) serves Western Wayne County (outside 1-A’s area)—contact (734) 722-2830 or (800) 815-1112

### Services Provided by Your AAA

- .Adult Day Care
- .Assistance to Hearing Impaired
- .Assisted Transportation
- .Assistive Devices & Technologies
- .Care Management
- .Caregiver Case Management
- .Caregiver Education
- .Caregiver Support Group
- .Caregiver Training
- .Caregiver Transportation
- .Case Coordination & Support
- .Chore Services
- .Congregate Meals
- .Counseling
- .Disease Prevention/Health Promotion
- .Elder Abuse Prevention
- .Emergency Food Referral Agencies
- .Foster Grandparent Program
- .Friendly Reassurance
- .Health Screening
- .Home Delivered Meals
- .Home Health Aide
- .Home Injury Control
- .Home Repair
- .Homemaker
- .In Home Respite Care
- .Information & Assistance
- .Legal Assistance
- .Medication Management
- .MI Choice Waiver Program
- .Nutrition Counseling
- .Nutrition Education
- .Ombudsman
- .Outreach
- .Personal Care
- .Retired Senior Volunteer Program
- .Senior Community Services Employment Program (SCSEP)
- .Senior Companion Program
- .Senior Project FRESH
- .Support Groups
- .Vision Services

Each of these is an independent nonprofit organization developed in different ways to serve different areas of southeast Michigan. They even became AAA-affiliated programs at different times. But consumers will find all the same core services regardless of where they live.

The Older Americans Act mandates that AAAs use flexibility to ensure that local needs and preferences are taken into consideration and that the resulting local service delivery is tailored to each community. This is ensured with input from a state commission, advisory groups and community input during local hearings.

The Michigan *Commission on Services to the Aging (CSA)* is a 15-member, bi-partisan body that advises the governor, Legislature, and AASA on matters relating to aging policies and programs. It approves funds for services, participates in preparation of the state plan, determines aging policy as needed and appoints a 40-member *State Advisory Council on Aging* to advise state-level decision making.

In its work as an effective and visible advocate for older adults in government decisions, the CSA convenes public hearings to learn, first-hand, what is important to older adults, service providers, and others throughout the state. The CSA meets monthly to conduct its work. All meetings are open to the public.

Planning and local funding cycles are updated every three years. Planning at the local level also includes hearings from local citizens and other methods of client and caregiver input. Each AAA houses a variety of programs and services: Information & Referral and Case Management represent a couple of programs managed in house by all three. Depending on Regional Planning and the guidance of their own boards of directors and staff, each AAA may also innovate unique programs to serve an unmet need.

PAUL BRIDGEWATER



**Unique from AAA 1A:** *Grandparents Raising Grandchildren is close to CEO Paul Bridgewater’s heart. While not entirely new, when he and his wife took in their grandson, it became instantly personal. As such, the greatly enhanced program is a shining star. In 2000, Bridgewater was a key advocate for enacting an amendment to the Older Americans Act to ensure much-needed funding for this vital caregiving role. Today, 4 million children need a caregiver, with 115,000, in Michigan alone.*

TINA ABBATE MARZOLF



**Unique from AAA-1B:** *SameAddress is a separate, but co-located, social enterprise program that offers a unique blend of information, technology and in-home services that help seniors who can afford to pay the full cost of services remain in their home longer and more safely, ultimately saving money and greatly reducing the strain on their caregivers. Any profits from SameAddress help subsidize services for low-income seniors on wait lists or with other unmet needs. On the Internet, SameAddress services are organized by two key areas: Concierge and In-Home Care. For information, call (248) 262-9999 or (866) SENIOR-1.*

BOB BROWN



**Unique from AAA-1C:** *TSA’s Enhanced Transitional Care (ETC) program assists Medicare patients with taking the next steps back to health as they return home after a hospital admission. The pro-*

*gram operates through face-to-face meetings with a TSA community health worker in the patient’s home. There, several interactions occur: reviewing the discharge instructions to insure the prescribed clinical plan is in place and working, a medication consultation, scheduling of primary care physician visits, appropriate wellness assessments, and review of requested services like meals-on-wheels. In four years of delivering transitional care services, the hospital readmission rate of TSA’s participants has reduced by over 31%.*

Our three Area Agencies on Aging are designed to be a one-stop shop and the first place a senior, disabled adult or family caregiver should turn when looking for information on local services and resources in southeast Michigan. Information and Referral (I & R) specialists are available to assist a senior or person with a disability to remain living independently in their own home for as long as possible.

We at UAN believe it is imperative for people to learn about and fully understand the tools and services available **before** someone reaches a state of crisis. ■

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Kim Walsh’s career spans the communications spectrum from publishing, broadcasting, marketing, PR, management and advocacy to all facets of media delivery. She is past chair of the Aging Services Consortium of Detroit, served 16 years on the board of the International Association of Audio Information Services with two terms as president, and grew the Detroit Radio Information Service (DRIS) at WDET/WSU for 25 years. She is also a past president and Headliner (lifetime achievement recipient) of the Association of Women in Communications—Detroit.