

The Senior Advisor

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Senior Advisory Group Central Michigan

A grass roots organization able to shape advocacy for any issue important to older adults and/or people with disabilities.

Membership includes:

- People who use senior services, their families, friends, and caregivers.
- People who work in or who are retired from careers in long-term care.
- Family caregivers
- General public
- Participants and family who are served by the MI-Choice Home & Community-based Waiver program.

If you have ideas or thoughts on any aging issue and would like to receive the Senior Advisory Group meeting schedule, or want to comment on something, call Annette at 1-800-858-1637 or jeskea@region7aaa.org.



Region VII Area Agency on Aging
1615 S. Euclid Avenue
Bay City, MI 48706

1-800-858-1637
www.region7aaa.org



Region VII AAA is accredited by The Commission on Accreditation of Rehabilitation Facilities for Aging Services Network, Case Management and Home and Community-based Services.

Advocates prepare for Older Michigianian Day

People from around the state will converge on the Capitol lawn Wednesday May 17 to advocate on behalf of older adults and share common concerns with lawmakers. This year's legislative platform includes:

- Continue Progress to Make Michigan a No-Wait State for aging services. Learn more at www.silverkeycoalition.com/.
- Protect Medicaid! These funds help many people pay for skilled nursing facility care or help at home from the MI Choice waiver.
- Bring legislative attention to the Direct Care Worker Crisis. More workers, better pay, and on-going education are some of what is needed.
- Rebalance Michigan's Long Term Care Spending
- Prevent and Respond to Elder Abuse
- Increase Dementia Care and Support
- Approve Home Accessibility Tax Credit
- Improve Transportation Programs— as Michigan continues to age, more people seek rides to medical appointments, grocery shopping and etc.

For information visit <http://www.oldermichigianiansday.com/> or call Region VII AAA.



OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

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The time is now, and later to let lawmakers know older adults rely on America's network of Aging Services



MMAP continues to be in jeopardy as Congress looks for ways to reduce the amount of money America owes by cutting the federal deficit. The Senate Appropriations Committee has recommended ending funding of State Health Insurance Programs. The National Council on Aging is asking for YOUR help in advocating to save these programs which uses paid and volunteer counselors to help people understand the various parts of Medicare, what options are available for Part D prescription drug coverage, help enroll eligible persons in subsidies and work to prevent fraud.

In Michigan, this program is known as MMAP, the Medicare Medicaid Assistance Program. Last year, 8,126 people in the Region VII service area received help. Consider calling your Senator to remind them that Michigan seniors value the unbiased assistance that MMAP Counselors provide. **Note, the House of Representatives recommends continued funding for this program.*

Senator Debbie Stabenow
Phone (202) 224-6221

Senator Gary Peters
Phone (202) 224-4822

Health Education, the Senate also recommended flat funding for evidence-based disease and falls prevention programs which help millions of older adults stay healthy. This is concerning because both the Senate and House of Representatives are exploring ways to repeal the Affordable Care Act, which would negatively impact these programs.

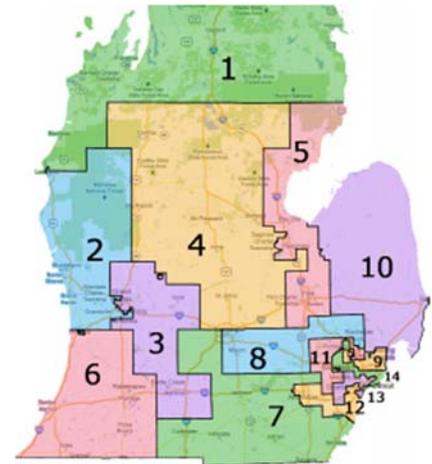
SCSEP is the nation's oldest program helping low-income, unemployed persons age 55 or older find work. It matches eligible older adults with part-time jobs for community service organizations. The senate is recommending an 8% cut to this program which benefits both the job recipient and the not for profit organizations throughout the region.

Catch up with lawmakers during their recess

District 4 Representative John Moolenaar
200 East Main Street, Suite 230
Midland, MI 48640 Phone: (989) 631-2552
<https://moolenaar.house.gov/>

District 5 Representative Dan Kildee
111 East Court St. #3B
Flint, MI 48502 Phone: 810-238-8627
dankildee.house.gov/

District 10 Representative Paul Mitchell
48701 Van Dyke Rd.
Shelby Township, MI 48317
Phone: 586-997-5010
<https://mitchell.house.gov/>



Watch for Town Hall meetings listening sessions, send an e-mail, or give them a call. Spring recesses include House of Representatives May 5-15 and a full recess for both House and Senate May 26-June 5.

What are you doing for your Health?

A current trend in aging and long-term care is the access and availability of health-related information and education for older adults. Many programs offered are “evidence-based,” which means that scientific studies have determined the methods included in the programs and that participants following the guidelines will benefit. Some of the most common programs are grouped together in a category called PATH—Personal Action Towards Health. They are designed to help persons with a specific diagnosis, or those at risk of a particular disease, for example Diabetes, to learn methods to prevent the condition from worsening or to minimize the negative health impact of the disease process.



Other programs, such as Falls Prevention teach fitness methods that strengthen core muscle groups, which according to research may reduce the likelihood of a fall. Falls are one of the most common reasons older adults will need hospitalization. Region VII AAA has contracted with health educators to make programs widely available. For a schedule of workshops, consult your senior center, call 1-800-858-1637 or visit us online at www.region7aaa.org.

Internet Safety Reminders



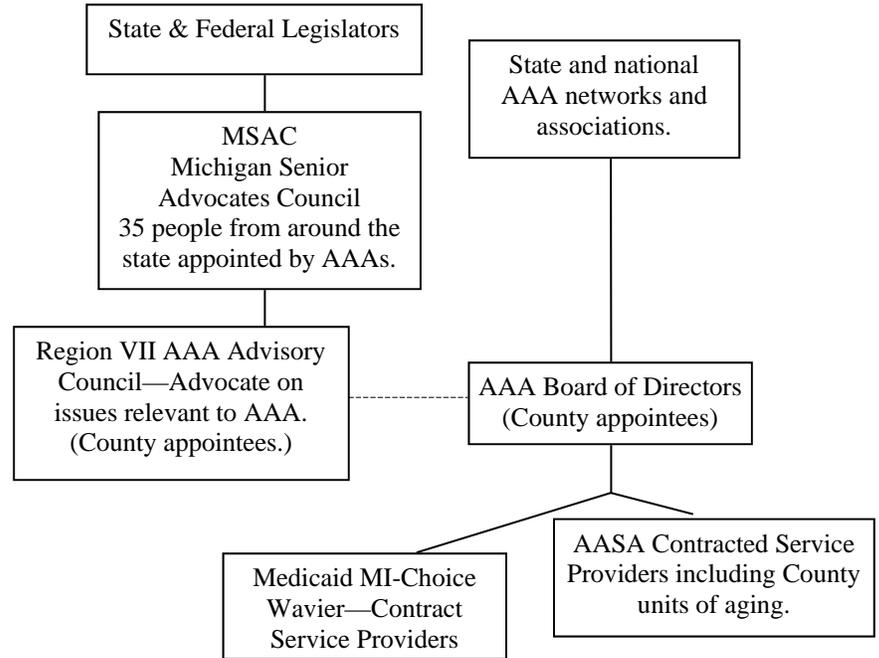
Having access to the world wide web from your smart phone, iPad, computer is innovative and useful. The exchange of personal information and financial transactions over the Internet may increase risk of fraud. Thanks to the Tuscola County Sheriff and the law enforcement TRIAD for the following suggestions:

1. Create passwords and make them strong. Lock all internet-enabled devices, including computers, tablets and smartphones, with secure passwords – at least 12 characters long and a mix of letters, numbers and symbols.
2. Secure access to accounts, with two-step verification. Many online services, including apps and websites, offer free options to help protect personal information. Learn more at LockDownYourLogin.com.
3. Think before you act. Emails or messages that create a sense of urgency – like a problem with a bank account or taxes – are likely a scam. Reach out to companies by phone to determine if emails are legitimate.
4. When in doubt, throw it out. If an email looks unusual, delete it. Clicking on links in email is often how scammers access personal information. Turn on spam filters to filter suspicious messages.
5. Share with care. Be aware of what you share publicly on social media and adjust privacy settings to limit who can see your information.
6. Use security software, including updated anti-virus and anti-spyware software.
7. Adjust browser safety settings for optimum security.
8. Use your computer’s default firewall security protection on your computer.
9. Log out. Log out of apps and websites when you’re finished using them. Leaving them open on your computer or smartphone could make you vulnerable to security and privacy risks.
10. Consider support. Seniors who live alone or spend a lot of time by themselves may want to consider a trusted source, such as adult family members, computer-savvy grandchildren, or professional caregivers, to serve as a second set of eyes and ears when conducting activities online.

If some of this seems foreign, seek out help from a trusted person or visit the store where you purchased your electronic device for assistance.

What is an Area Agency on Aging

Area Agencies on Aging (AAA) were established as the result of an amendment to the 1965 Older American's Act to create a delivery system and structure for services to America's older adults. There are over 600 AAA's throughout America charged with the mission to advocate, plan, and support a comprehensive system of quality care and services designed to assure the optimum level of health, well-being and independence of people as they age. Information at: www.n4a.org



Resolve a problem or complaint:

Hospitals/HealthCare—Medicare beneficiaries who have a complaint. Call KEPRO, Michigan's federally designated Quality Improvement Organization for Medicare: 1-855-408-8557.

Nursing Home—Problems not being resolved? Call the Long-Term Care Ombudsman. *Services provided under the Older Americans Act. There is no charge to the resident.* 1-866-485-9393.

Adult Foster Care or Home for the Aged—Complaints may be made to the licensing agent by calling 1-866-856-0126.

There is no Excuse for Elder Abuse—Michigan has a hotline to report it. Abuse, neglect, and self-neglect of older adults and those who are vulnerable due to a disability often go unreported. If you suspect someone is being abused, neglected, or financially exploited call 1-855-444-3911. You may remain anonymous.

Looking for help with aging or long-term care, call Region VII AAA at 1-800-858-1637

Put your telephone number on the Federal
Do-Not-Call Registry 1-888-382-1222.
*Renew every 5 years!

MMAP Hotline
1-800-803-7174 year-round.
Your Medicare/Medicaid Assistance Program

If you have a concern about aging or long-term care, call the Senior Advisory Group
1-800-858-1637. If it's an emergency or someone is in danger, call 911.