

Board of Directors

AAAWM Board of Directors consists of elected officials and consumers from nine counties and the city of Grand Rapids.

Board members provide leadership to the organization and ensure the agency is fulfilling the mission of helping older adults and those with disabilities live with independence and dignity.



The Source for Seniors

AAAWM Board of Directors

Allegan County

Com. Don Black
Eleanor Nielsen, Chairperson

Mecosta County

Com. Bill Routley
Art Adleman, Treasurer

Ionia County

Com. Larry Tiejema
Robert Reynolds*

Montcalm County

Com. John Johansen
Ralph Harrington

Kent County

Com. Carol Hennessy
Al Page, Vice Chairperson

Newaygo County

Com. Barbara Geno
Marilyn Snell

Lake County

Com. Scott Williams
Marilyn Burns, Secretary
Com. Nicolette McClure*

Osceola County

Com. Larry Emig
Richard Karns

Mason County

Com. Bob Erickson
Hal Madden

City of Grand Rapids

Com. James B. White, Executive
Committee
Esther Van Hammen

** denotes former members*

Area Agency on Aging of Western Michigan (AAAWM)

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Connecting Older Adults and Communities

2010 Annual Report



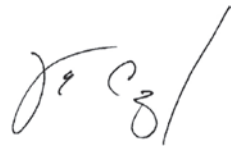
From the Executive Director

In Fiscal Year (FY) 2010, we experienced more funding cuts and it's likely that reductions will continue at both the state and federal levels. As we have done since the aging network began, we will keep serving older adults through programs that are cost effective ways to address the needs of seniors and those with disabilities.

In FY 2010, the Area Agency on Aging of Western Michigan (AAAWM) helped connect older adults and communities through:

- Job training and placement, which boasted an employment/placement rate of 40% during a time of significant statewide unemployment
- Healthy Moves for Aging Well, a new evidence-based in-home physical activity program, began in Osceola County with 18 older adults
- Nursing Facility Transitions provided assistance to 82 individuals, helping them move from nursing homes back into the community

As we move forward, AAAWM will continue connecting older adults and communities through programs aimed at promoting independence and dignity for seniors and those with disabilities.



Tom Czerwinski
AAAWM Executive Director

Established in April 1974, the Area Agency on Aging of Western Michigan (AAAWM) exists to help older adults and persons with disabilities live in their community with independence and dignity. AAAWM is part of a national network of 629 Area Agencies on Aging and a statewide network of sixteen Area Agencies on Aging.

Advisory Council

The AAAWM Advisory Council consists of representatives from nine counties and the city of Grand Rapids. The Advisory Council members help identify the needs of older adults, disseminate information about available services and the aging network in their communities, identify available untapped resources, advocate on behalf of older adults in West Michigan, and present their recommendations to the Board of Directors.

Advisory Council

Allegan County

George Smeenge

Ionia County

Judith Kalmanek, Vice-Chair
Norma Kilpatrick
Ojars Smits

Kent County

Com. Jack Boelema
F. Robert Deane, M.D.
Com. James Vaughn*

Lake County

Com. Colleen Carrington
Nellie Blue
Nicolette McClure

Mason County

Fran Nash
Robert Sundholm, Chairperson

Mecosta County

Dorothy Birtles
Jerrilyn Strong
Louise Christiansen*

Montcalm County

Ben Witbrodt

Newaygo County

Adele Hansen
Josephine Toliver

Osceola County

Barbara Hazlett
Mary Lou Proefrock

City of Grand Rapids

Keith D. Vandercook

Emeritus

Louise Thomas

Advocates for Senior Issues

Bill Thomas

Grand Valley State University

Priscilla Kimboko, Vice-Chair

* denotes former members

Older Americans Act (OAA) Services

Type of Service	Clients	Units
Adult Day Care	101	31,368
Care Management	242	2,174
Caregiver Education Training and Support	628	363
Congregate Meals	4,862	165,206
Counseling	132	456
Disease Prevention/Health Promotion	374	70
Elder Abuse Prevention Education	398	315
Home Delivered Meals	4,475	807,465
Home Support	55	598
Homemaker	937	33,510
Homemaker Respite	76	2,916
Information and Assistance	---	15,264
Legal Assistance	823	639
Long Term Care Ombudsman	1,709	1,255
Outreach and Assistance	1,634	4,848
Personal Care	161	11,432
Respite	208	21,514
Senior Center Staffing	---	5,170
Transportation-Assisted	1,033	15,434
Transportation-Public	134	10,344

Older Americans Act (OAA) Services

Stimulus funds were once again available for nutrition services in FY 2010. Due to increasing food and transportation costs and decreases in state funding, the same number of meals were provided as in 2009.

Food is an important basic need and providers strive to serve everyone who is eligible with a meal five days a week even though some need second meals, weekend meals or liquid supplements. Several nutrition providers had to eliminate or drastically reduce the meal service beyond one meal a day due to budget cuts in FY 2010.

MI Choice Medicaid Waiver

The MI Choice Medicaid Waiver program provides in-home services to older adults and individuals with disabilities who are eligible for nursing home care. In FY 2010, AAAMW served 692 clients in this program.

In FY 2009, MI Choice was permitted to assist people in licensed settings. Including these locations allows Medicaid recipients a broader choice for long term care assistance; their own home or a group setting. In FY 2010, 43 individuals received assistance through the MI Choice Medicaid Waiver in licensed homes for the aged and adult foster care settings.

Self-Determination, another option for MI Choice Medicaid Waiver clients, offers individuals more flexibility and control in directing their services at home. Through this option individuals can: choose and employ their own personal care workers, decide when care is provided (time of day, days of week), recruit, hire, train and supervise their workers. The Self-Determination service delivery model was used by 52 MI Choice Medicaid Waiver clients in FY 2010.

Community Living

The Community Living Program educates adults 60 and over and their support systems (friends, family, etc.) about available services. In FY 2010, 169 individuals and families met with an Independent Living Consultant to learn about individual and community resources to maintain independent living.

Nursing Facility Transition (NFT)

The Nursing Facility Transition (NFT) program helps those currently living in a nursing home return to the community. In FY 2010, NFT began working with 142 clients and families; 82 of those individuals have successfully transitioned.

Nellie Tupper (92) had spent the last 15 years living in nursing homes before connecting with the **Nursing Facility Transition program (NFT)**. Nellie's family thought she would benefit from living in the community again and the NFT program identified an assisted living facility close to her family that was able to meet her needs.



Not afraid of hard work, Nellie grew up one of seven children. She started working at a factory in Muskegon where she met her future husband. They were later married and raised four children. She often worked outside the home cleaning houses, but Nellie says the job she liked the best was being a mother.

About fifteen years ago, Nellie entered a nursing home after a second stroke left her paralyzed on her left side and confined her to a wheelchair. She also began developing some memory issues.

When her family learned of a program that could move Nellie into an assisted living facility closer to them, they contacted the Area Agency on Aging of Western Michigan. "It was a godsend, just wonderful," says son-in-law Brent Spoelstra. "She is happier here, I see it."

The family is pleased that she has her own room, is in a place that feels more like home and she still receives the care she needs.

Always a social person who found the best in everyone, Nellie enjoys participating in some of the activities that go on, especially music. She confessed she likes to sleep a lot, but they let her do that too. "All the girls here are real nice," she says, "I don't have one grievance."

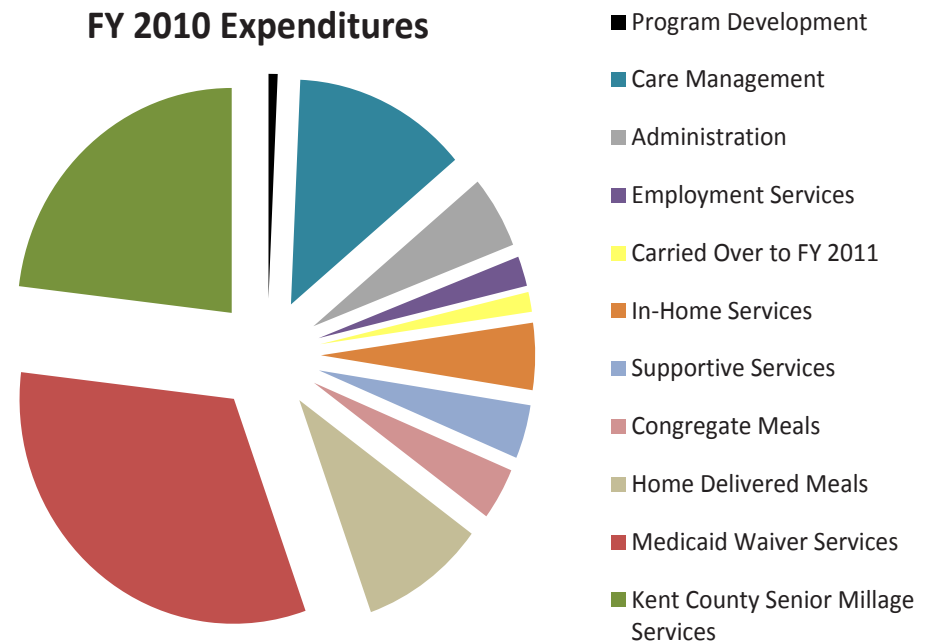


Brent encourages other people to use the program as well, "if they meet the requirements, just go for it, it's great," he says.

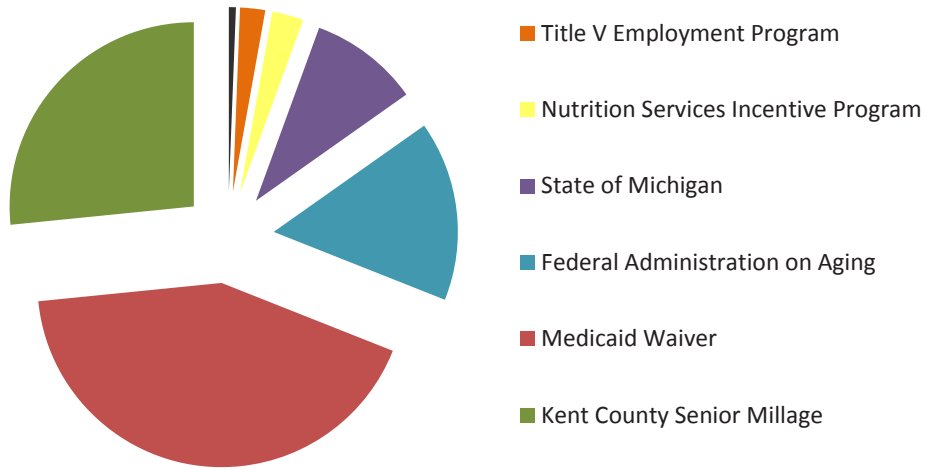
FY 2010 Expenditures

Program Development	\$ 169,545
Care Management	3,252,298
Administration	1,284,793
Employment Services	533,679
Carried over to FY 2011	350,698
In-Home Services	1,183,468
Supportive Services	955,078
Congregate Meals	926,712
Home Delivered Meals	2,330,345
Medicaid Waiver Services	7,967,073
Kent County Senior Millage Services	5,694,314
Total	\$ 24,648,003

FY 2010 Expenditures



FY 2010 Revenues



FY 2010 Revenues

Program Income	\$	9,761
Donations		812
Local Match		141,335
Title V Employment Program		542,787
Nutrition Services Incentive Program		680,316
State of Michigan		2,374,828
Federal Administration on Aging		3,892,676
Medicaid Waiver		10,452,117
Kent County Senior Millage		6,553,371
Total	\$	24,648,003

AAAWM receives program funding from the Older Americans Act and Older Michigianians Act through the Office of Service to the Aging. Other programs are funded through the Michigan Department of Community Health and the Kent County Senior Millage.

Michigan Medicare/Medicaid Assistance Program (MMAP)

A region-wide team of 52 dedicated volunteer counselors spent 5,005 hours counseling Medicare and Medicaid beneficiaries. Older adults and those with disabilities were educated and empowered to make informed decisions regarding Medicare, Medicaid and prescription drug coverage.

MMAP also participated in outreach activities through articles, radio interviews, health fairs, and educational presentations. One-on-one contacts were made with 4,650 individuals in FY 2010.

Senior Community Service Employment Program (Title V)

Title V is a part-time, temporary employment training program for low-income, unemployed individuals 55 and older. Participants are placed at non-profit organizations and government agencies for a paid work training experience. They also receive employment placement assistance.

The program served 79 individuals during their 2010 program year (July 2009-June 2010). The employment/placement rate of those in the program was 40%, which exceeded program requirements.

Evidence-Based Health Promotion Programs

Older adult participation in Health Promotion programs doubled in FY 2010 as more classes were offered in more counties.

In FY 2010, the following Healthy Aging programs were offered:

A Matter of Balance- Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola counties

Arthritis Foundation Exercise Program- Ionia and Kent counties.

EnhanceFitness® -Ionia, Kent and Mecosta counties

Healthy Moves for Aging Well- Osceola County

PATH (Personal Action Towards Health)- Ionia, Kent, Mecosta and Montcalm counties

Pat Wilds (83) has been a caregiver for many years. She and her husband raised two biological children, adopted eleven and fostered many more. She also took care of her mother for a year and her grandmother for six years.



Now that she's on the opposite end, receiving some care, she says, "that's the hard part. When you are used to doing for others and now you can't do for yourself and now you have to let people do for you."

A kidney cancer survivor, Pat has trouble with her eyesight, uses a walker because of balance concerns and has arthritis pain. Yet, she still remains independent and has a good support system of friends and family. She lives by herself and has a homemaker from the Osceola Commission on Aging come in for two hours every two weeks to clean.

Pat was one of the first people to enroll in **Healthy Moves for Aging Well**, an in-home physical activity program to enhance the activity level of frail, high-risk older adults. A brief negotiation interview by a caseworker is conducted with each client to assess their readiness to make and sustain changes in physical activity.

There are two levels of exercises offered (chair bound and advanced), which are demonstrated by the caseworker. In-home care workers exercise with clients at each visit to support the change. Clients receive a weekly phone call for check-in and encouragement. The program focuses on maintaining health status and quality of life.

Since Pat enrolled in Healthy Moves for Aging Well, she says the exercise has helped her with doing laundry and washing dishes.



She tries to exercise every day, but admits that some weeks it's three times a week. "The exercises give me energy," she says. "You can't just sit, even though there are days that it's all I want to do."

Rosa Bonilla (68) moved from Honduras to New York City when she was 22. There she and her husband raised three boys while she worked as a bilingual secretary and real estate broker. When her husband passed away three years ago, she decided to move to Grand Rapids.



She was retired, but had always been active and wanted to stay that way. She began looking for a part-time job or volunteer work and came to the Senior Community Service Employment Program (Title V) after a neighbor recommended it.

Title V matches individuals with non-profit organizations where they receive hands-on training and update their skills while also receiving a paycheck for part time employment.

Rosa started her training with UCOM (United Church Outreach Ministry). They serve mostly Spanish speaking clients, so Rosa was able to use her bilingual skills. She worked as the receptionist and helped translate documents. After almost a year in the program, UCOM decided to offer Rosa a permanent position.

She now works as a teacher assistant in an English reading class for first through third graders who primarily speak Spanish. She really enjoys the work and calls the students her "adopted grandchildren."

The job was a blessing for her, "because I am not from Michigan, and to go out to work and also be able to help my own people, that was a big plus for me," she says.



The program helped Rosa, not just with a job, but it also "gave me a reason to keep going," she says. "Just because we are old, it doesn't mean we cannot keep on going."