

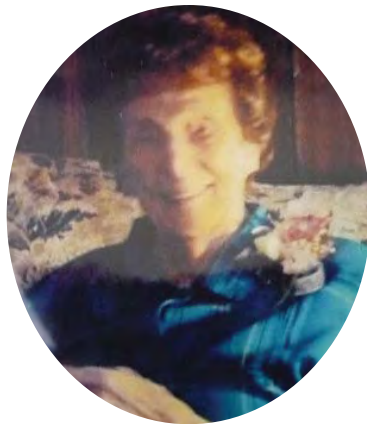


Age Strong! Live Long!



Area Agency on Aging
of Western Michigan

2009 Annual Report



The Source for Seniors

From the Executive Director

Funding for older adult services saw reductions in Fiscal Year (FY) 2009 while more adults approached the minimum age to qualify for services. State cuts were offset for some programs by Federal stimulus dollars.

State and Federal funding is focused on transitioning individuals out of nursing homes and back to the community. In addition to fulfilling this role, Area Agency on Aging of Western Michigan (AAAWM) continues to work with many other programs to help older adults live independently.

In FY 2009:

- **Healthy Aging Programs** continued to be a focus. Additional sessions were added throughout the region, encouraging seniors to actively manage their health.
- **Nursing Facility Transitions** began a new collaboration, the Affordable Assisted Living project.
- **Older Americans Act Programs**, with state funding reduced, continued to be an important factor in helping older adults stay independent.

Looking ahead, we will continue the aging networks' tradition of innovation and determination to help older adults age strong and live long!



Tom Czerwinski
AAAWM Executive Director

AAAWM Wins National Award

In FY 2009, AAWM's Caregiver Resource Network, a collaboration of over 75 organizations that provide support for family caregivers, received an Aging Achievement Award from the National Association of Area Agencies on Aging (n4a).

MI Choice Medicaid Waiver

The MI Choice Medicaid Waiver program provides in home services to older adults and certified disabled individuals who are eligible for long-term care. In FY 2009, AAAWM served 664 clients in this program.

Also in FY 2009, the Waiver program was expanded to licensed settings, allowing those in Adult Foster Care homes and Homes for the Aged to receive services under the MI Choice Medicaid Waiver.

The Single Point of Entry projects ended statewide in FY 2009; eliminating a position which helped to identify housing. In response, AAAWM added a Housing Coordinator for Waiver transition clients.

Community Living Supports Program

The Community Living Supports pilot program counsels older adults, not eligible for Medicaid, how to use their own resources to prevent nursing home placement. An Independent Living Specialist meets with the client and family members to identify supports that address individual needs. Sixty-two people have been served in this program.

Veterans Program

Michigan is one of ten states participating in the Veterans Directed Home and Community Based Services program (VD-HCBS). This serves Veterans who are eligible for nursing home placement, but instead choose to have care provided in their home.

AAAWM was the first Area Agency on Aging in the nation to enroll and begin serving a Veteran. AAAWM is also helping develop protocols for the program.

Working closely with the Veterans Affairs Medical Center in Battle Creek, AAAWM served 11 Veterans in FY 2009.

Older Americans Act (OAA) Services

Type of Service	Clients	Units
Adult Day Care	107	33,283
Care Management	286	2,409
Caregiver Education Training and Support	685	391
Congregate Meals	4,607	177,235
Counseling	141	492
Disease Prevention/Health Promotion	199	23
Elder Abuse Prevention Education	1,489	334
Home Delivered Meals	4,332	815,917
Home Support	64	64
Homemaker	962	33,827
Homemaker Respite	82	2,940
Information and Assistance	---	19,527
Legal Assistance	216	890
Long Term Care Ombudsman	1,993	1,423
Outreach and Assistance	2,056	6,057
Personal Care	166	13,351
Respite	205	21,906
Senior Center Staffing	---	7,387
Transportation-Assisted	913	14,585
Transportation-Public	288	11,329

Michigan Medicare/Medicaid Assistance Program (MMAP)

A region-wide team of 54 dedicated volunteer counselors spent 3,506 hours counseling Medicare and Medicaid beneficiaries. Older adults and individuals with disabilities are educated and empowered to make informed decisions regarding Medicare, Medicaid and prescription drug coverage.

MMAP provided outreach to 170,711 people through articles, radio interviews, health fairs, and educational presentations.

One-on-one contacts were made with 4,790 individuals.

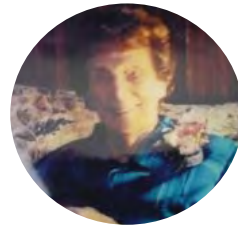
Older Americans Act (OAA) Services

Reduced funding for OAA services has resulted in fewer clients being served and a growing waiting list. Programs are serving people longer and providers may be using different funding sources to supplement the reduction in state funding.

Calls for Information and Assistance increased nearly 20% from FY 2008. This may be attributed to closure of the Single Point of Entry, an increasing senior population and more people in need due to a struggling economy.

Margaret Ghent, 99 years old, lives in the same home in Baldwin where she has been for over 30 years.

Married when she was 17 years old, she and her husband raised seven children who kept her busy with cooking, cleaning, going to football and basketball games and being involved with the PTA.



Margaret receives homemaking assistance through OAA funding from St. Ann's Lake County Senior Services. Someone comes for two hours every other week to do dusting, vacuuming and washing the floors. The other cleaning, cooking, washing and household chores she does herself. Margaret likes to keep a clean and spotless house.

When her children come to help her with outside work or take her grocery shopping, she likes to cook for them. "That is what home is all about—having your family come home. The highlight of my life is my kids coming home," she says.

A few years ago Margaret fell and now uses a walker if she feels fatigued. She doesn't climb ladders or get on her hands and knees to scrub the floor anymore, so the help she receives keeps her independent in her own home.

"I'm happy here. I never want to give up my home," she says.

Ardis Lamoreaux, 91, was born and raised on a farm in Rockford, Michigan. No stranger to hard work; she has been employed outside of the home, helped run the family business, taken in boarders, been caregiver to seven sick family members and raised five children.



An active member of the community, with her husband, she contributed much to their family and to anyone they came in contact with. She has a strawberry patch named after her and was still picking berries at age 86.

Knee replacement a few years ago now requires her to use a wheelchair while macular degeneration and a broken arm that has not healed fully, impedes her ability to meet her needs independently. She lived at a nursing home in 2009 to be with her husband. When he passed away in August of 2009, she became depressed and began getting confused easily.

Her daughter, Alice Matthews, was convinced her mother didn't need the extent of care provided by the nursing facility. Alice was excited to hear about a program that would transition Ardis into a more independent setting closer to the family she had cared for throughout her life.

The Affordable Assisted Living pilot program moved Ardis to her own apartment at Heron Manor. She receives homemaker, personal care and medication assistance scheduled to meet her individual needs. She also sees a bereavement counselor.

"I thought Mom would do wonderfully," says Alice. "I wanted her safe, happy and close."

Nursing Facility Transition (NFT) Program

The Nursing Facility Transition program provides those currently living in a nursing home the opportunity to return home. In FY 2009, NFT served 101 clients; double the number of clients served in FY 2007.

A pilot project, the Affordable Assisted Living Program, began in FY 2009. This collaboration provides an additional housing option for transition clients.

Evidence-Based Health Promotion Programs

Evidence-Based Health Promotion programs expanded as more older adults were encouraged to actively manage their health.

In FY 2009 the following Healthy Aging programs were offered:

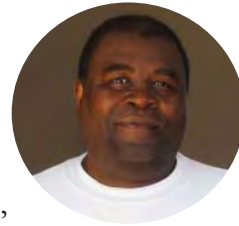
A Matter of Balance- Allegan, Ionia, Kent, Mason, Mecosta, Montcalm and Newaygo counties

Arthritis Foundation Exercise Program- Ionia and Kent counties

EnhanceFitness® -Ionia, Kent and Mecosta counties

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

Zack Owens, 64, received a perfect attendance award for his participation in an EnhanceFitness class at Baxter Community Center.



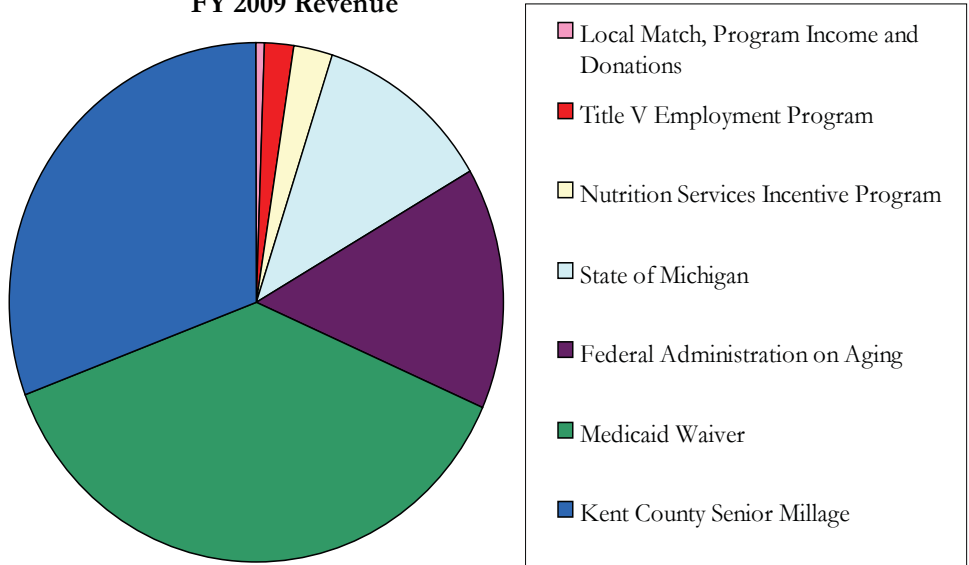
The former Marine from Memphis, Tennessee lived in Indiana where he worked in the steel industry for 30 years, before retiring and moving to Michigan a couple years ago.

Zack attends the one hour class three days a week because he has seen results and his doctor tells him to keep going. Before attending EnhanceFitness, he was having fainting spells. The doctor tried to determine what was causing them, but couldn't pinpoint the problem. Since joining the class, he hasn't fainted and he has lost weight. "Now I'm hooked; something's working," he says.

Without the class, Zack says he would go back in his shell, not do anything and stay at home. "This is another avenue of doing something and it's great."

He admits that the first class he came to was hard, but it has gotten easier and has helped him with breathing and joint stiffness. "If you have something to do it keeps you going-this keeps me going."

FY 2009 Revenue

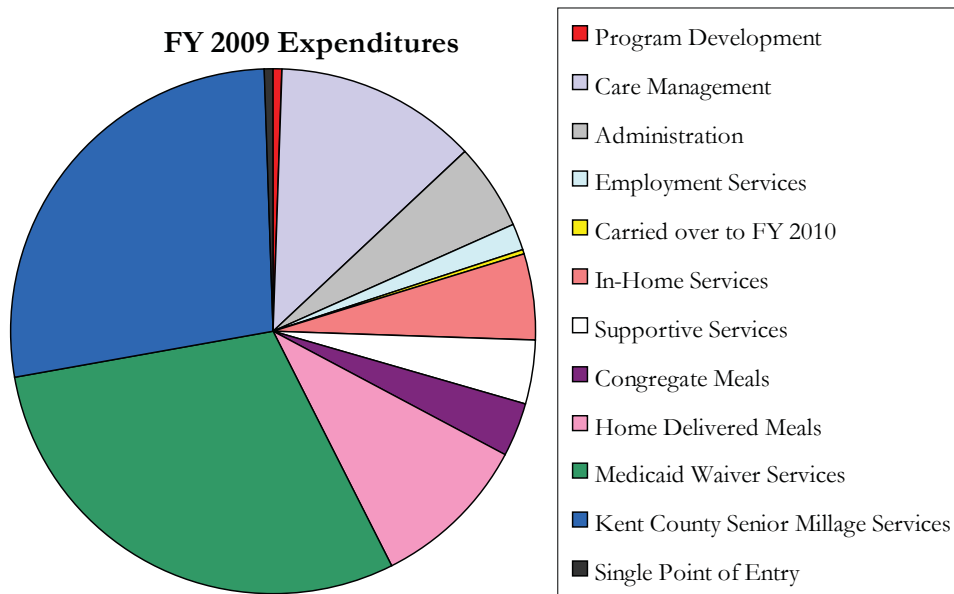


FY 2009 Revenues

Program Income	\$	14,759
Donations		7,823
Local Match		110,643
Title V Employment Program		444,268
Nutrition Services Incentive Program		651,539
State of Michigan		2,793,598
Federal Administration on Aging		3,609,328
Medicaid Waiver		9,115,878
Kent County Senior Millage		7,423,291
Total	\$	24,171,127

FY 2009 Expenditures

Program Development	\$	166,283
Care Management		3,009,966
Administration		1,252,683
Employment Services		419,712
Carried over to FY 2010		39,154
In-Home Services		1,261,247
Supportive Services		996,121
Congregate Meals		809,533
Home Delivered Meals		2,292,393
Medicaid Waiver Services		7,178,344
Kent County Senior Millage Services		6,610,389
Single Point of Entry		135,302
Total	\$	24,171,127



Advisory Council

The AAAWM Advisory Council consists of representatives from nine counties and the city of Grand Rapids. The Advisory Council has the responsibilities of identifying the needs of older adults, determining when services can be better coordinated, identifying available untapped resources, and presenting recommendations to the Board of Directors.

Advisory Council

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George Smeenge
Marcy Formigoni*

Ionia County

Judith Kalmanek, Vice-Chair
Norma Kilpatrick
Ojars Smits

Kent County

Com. James Vaughn
F. Robert Deane, M.D.

Lake County

Colleen Carrington
Peter Beurmann*
Com. James Clark*

Mason County

Fran Nash
Robert Sundholm, Chairperson

Mecosta County

Dorothy Birtles
Louise Christiansen

Montcalm County

Ben Witbrodt

Newaygo County

Adele Hansen
Marilyn Snell*

Osceola County

Barbara Hazlett
Mary Lou Proefrock

City of Grand Rapids

Keith D. Vandercook

Emeritus

Louise Thomas

Advocates for Senior Issues

Bill Thomas
Arlene Ward*

Grand Valley State University

Priscilla Kimboko, Vice-Chair

Michigan Department of Military and Veterans Affairs

Jack Devine*

* denotes former members

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Eleanor Nielsen, Chairperson

Ionia County

Com. Larry Tiejema
Robert Reynolds

Kent County

Com. Carol Hennessy
Al Page, Vice Chairperson

Lake County

Com. Nicolette McClure
Marilyn Burns, Secretary

Mason County

Com. Bob Erickson
Hal Madden

Mecosta County

Com. William Routley
Art Adleman, Treasurer

Montcalm County

Com. John Johansen
Ralph Harrington

Newaygo County

Com. Barbara Geno
Marilyn Snell
Janet R. Westfield*

Osceola County

Com. Larry Emig
Richard Karns

City of Grand Rapids

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

* denotes former member

Board of Directors

AAAWM Board of Directors is made up 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.



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Age Strong! Live Long!



Established in 1974, the Area Agency on Aging of Western Michigan exists to help older adults and persons with disabilities live in their community with independence and dignity.