

# REGION 9 AREA AGENCY ON AGING (AAA) ANNUAL REPORT

# 2022



To promote lifelong independence and dignity for all individuals and to assist the aged and disabled in meeting that goal.

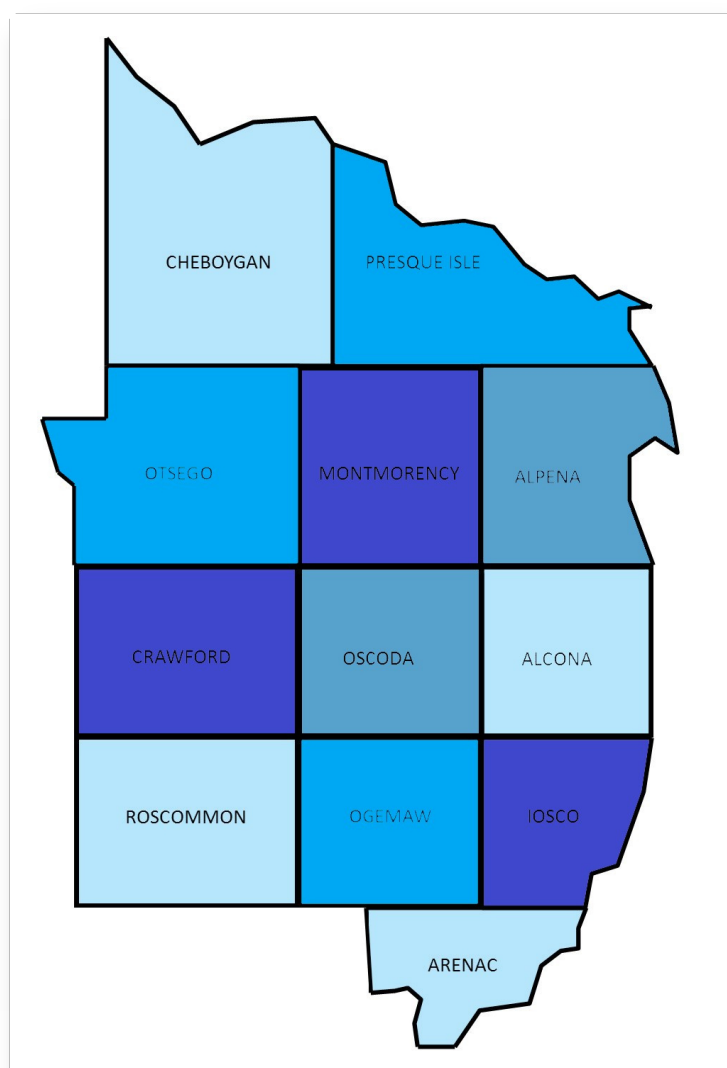
# EMPOWERING SENIORS, PROVIDING CHOICES

Since 1974, we have been honored to serve and advocate for older adults, caregivers, and adults with disabilities living in the twelve counties of northeast Michigan. We strive to support their independence, dignity, and quality of life by providing services and supports to meet their goals.

**Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon**



**Laurie Sauer, Director  
Region 9 Area Agency on  
Aging (AAA)**

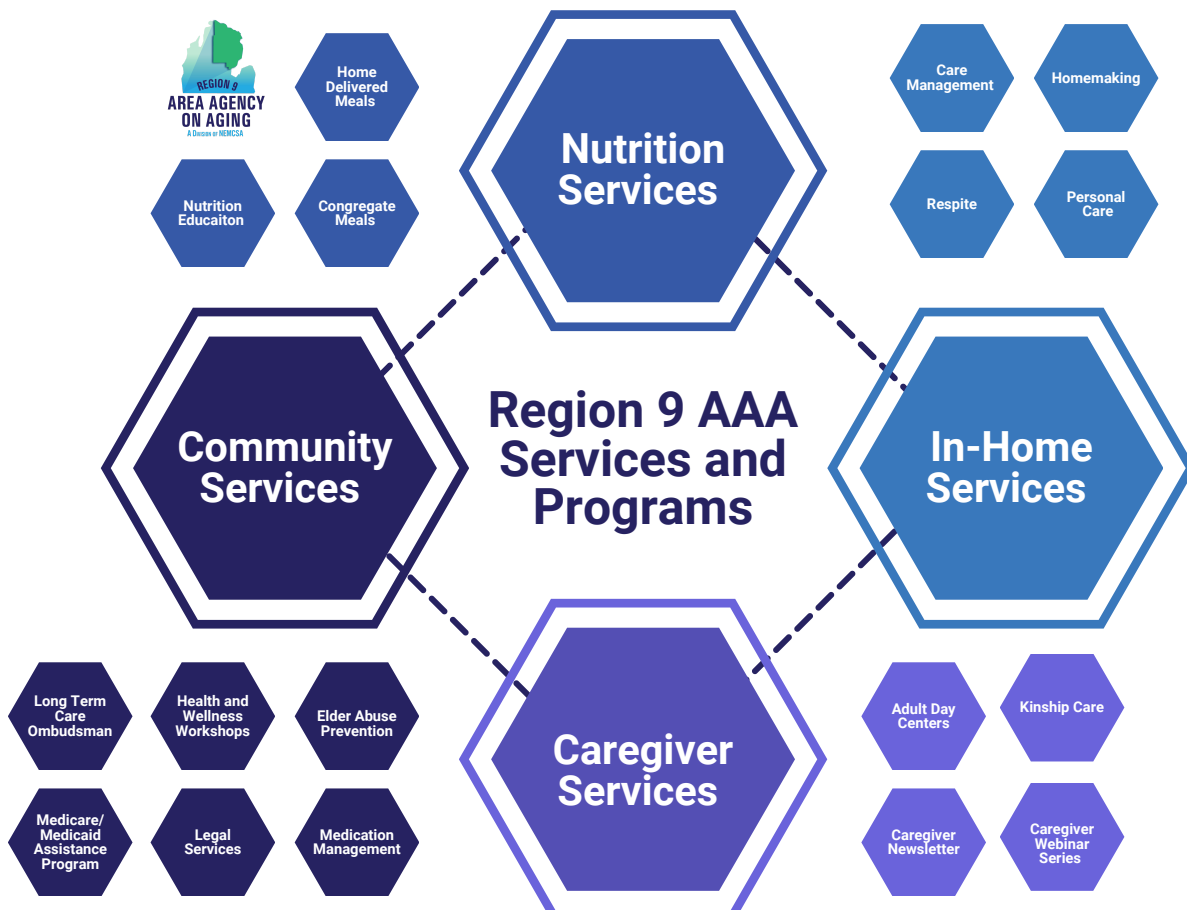
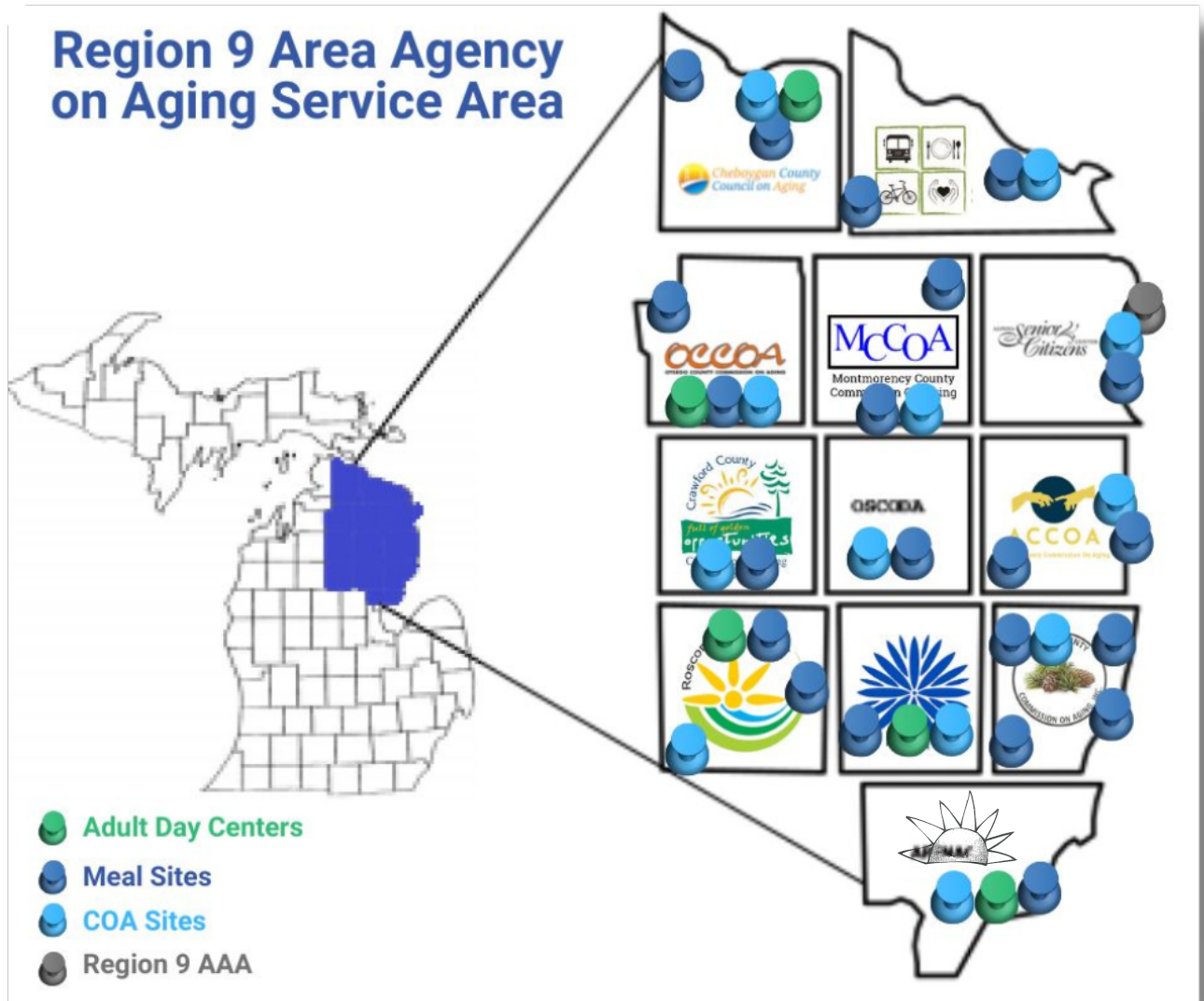


## THE AAA DISTRIBUTED FUNDING TO 14 PARTNERS COMMISSION/COUNCILS ON AGING (COA) FOR SERVICES

- Alcona County Commission on Aging
- Alpena Area Senior Citizens Council
- Sunrise Side Senior Services
- Cheboygan County Council on Aging
- Crawford County Commission on Aging
- Iosco County Commission on Aging
- Montmorency County Commission on Aging
- Ogemaw Commission on Aging
- Oscoda County Council on Aging
- Otsego County Commission on Aging
- Presque Isle County Council on Aging
- Roscommon County Commission on Aging
- Legal Services of Northern Michigan

Region 9 AAA also subcontracts with other local providers for purchase of service funding.

The Region 9 AAA does not discriminate based on race, color, age, gender, sexual orientation, national origin or religion .



**88,635 In-Home Service Units**

Homemaking, Personal Care, Respite, Adult Day Care

**6,813 Seniors & Persons With Disabilities**

Maintained Independent Living

**2,485 Hours Volunteered**

Contributed by 31 Volunteers (Ombudsman and MMAP)

**617,708 Meals Served**

Congregate and Home Delivered Meals

**\$4,330,212 MMAP Client Savings**

4,557 Medicare Client Contacts, Client hours 3,450

**323 Disease Prevention/Health Promotion Units**

93 People Enrolled in Classes

**2,172 Care Management Units**

Provided to 290 Program Participants

**573 Hours of Legal Services**

130 Seniors Received Free Legal Assistance

**320 Caregiver Education Units**

Provided to 226 Caregivers

**70 People Learned About Elder Abuse Prevention**

32 Units of Education and Awareness Provided

**2,336 Medication Management Units**

Provided to 35 Program Participants

**4 Seniors Increased Income**

1 went through Job Training and Subsidized Employment

**\$15,408 Reimbursed to Grandparents**

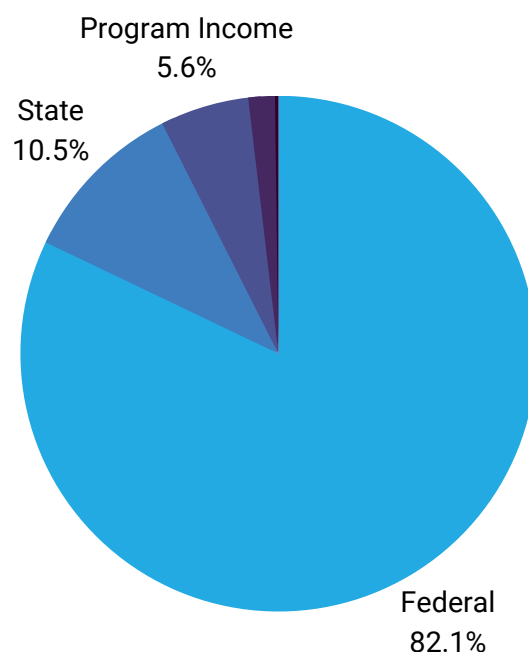
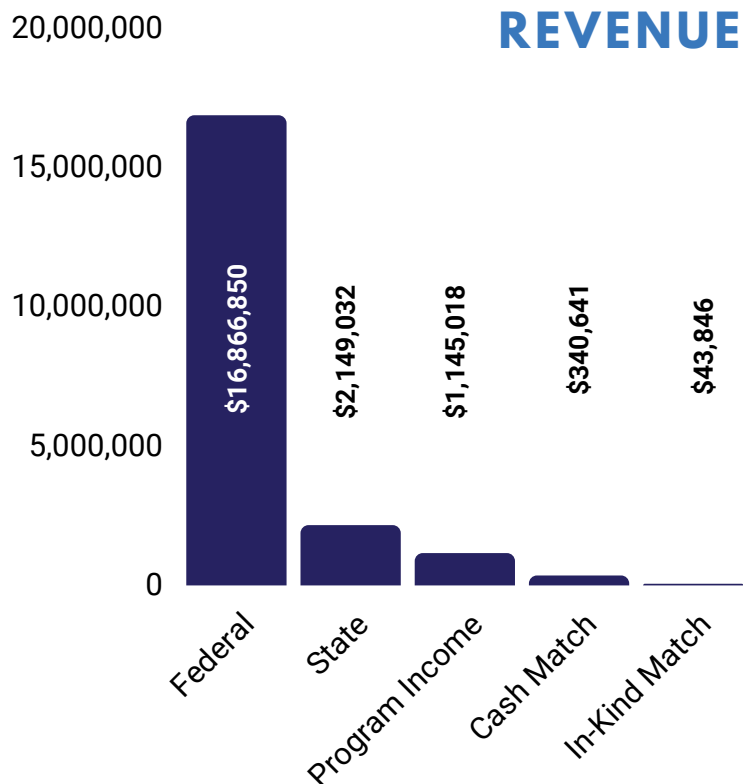
43 Grandparents Raising Grandkids Received Financial Help

**10,095 Adult Day Service Units**

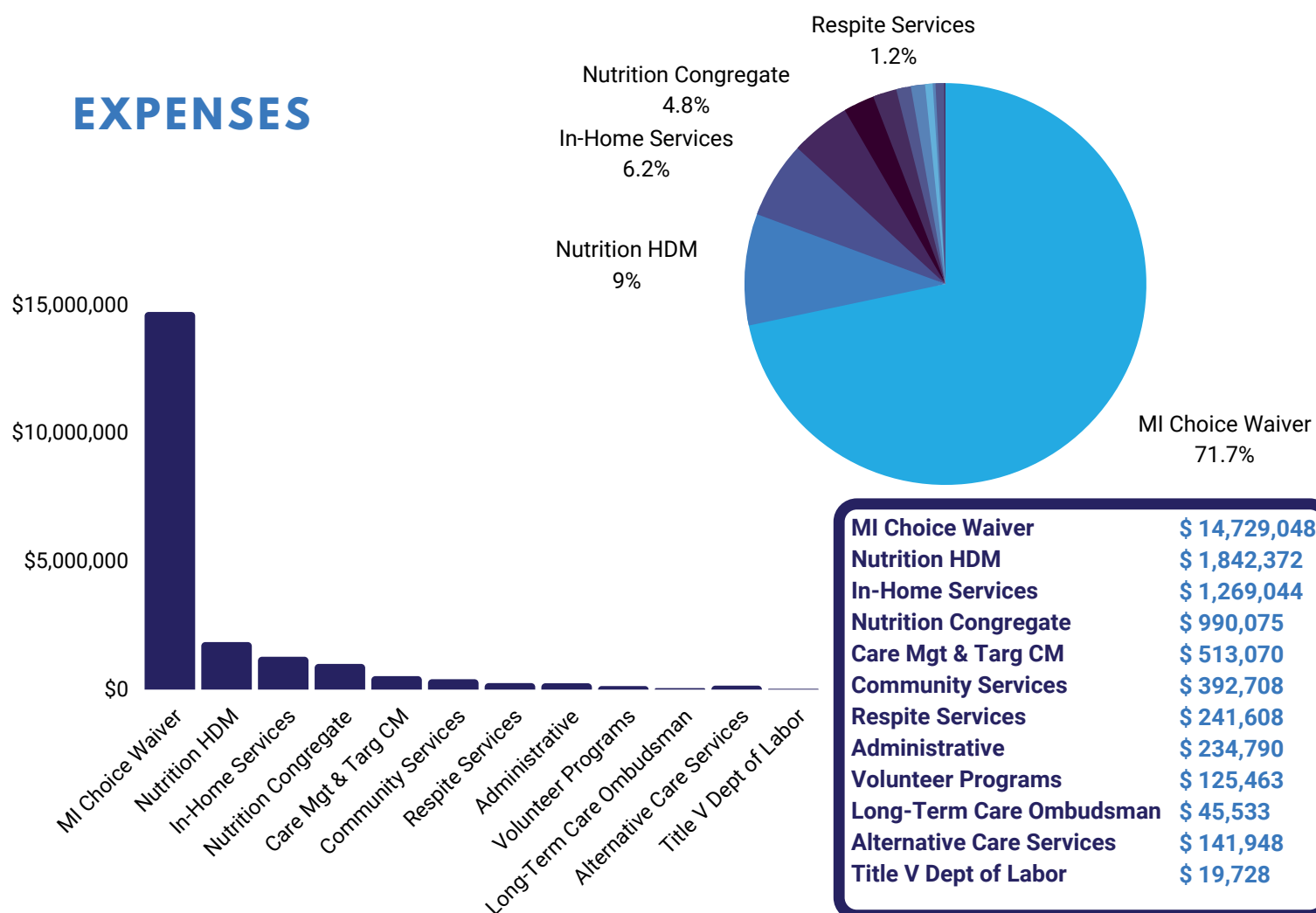
Provided by four Adult Day Centers







Produced in part with funds through the Older Americans Act, Michigan Department of Health and Human Services, and the Michigan Aging and Adult Services Agency funds.



# Older Michiganians Day

Region 9 AAA attended Older Michiganians Day on May 11, 2022, at the State Capital. It was an advocacy event to spotlight critical areas impacting older adults across Michigan. Over 170 Northeast Michigan residents participated in the Letter Campaign to advocacy on the behalf of Older Adults.



Lorelei King (Michigan Senior Advocates Council Member), Laurie Sauer (Region 9 AAA Director), and Senator Curt VanderWall.



Lorelei King (Michigan Senior Advocates Council Member) manning the Region 9 AAA booth.



Dona Wishart (Otsego County Commission on Aging, Executive Director) was chosen as one of two recipients of the Older Adult of the Year Award for 2022.

## A Matter of Balance (MOB)

MOB helps older adults who are concerned about falls; have had falls in the past or are interested in improving flexibility, balance, and strength. Nine Matter of Balance (MOB) workshops were conducted, with a total of eighty competitors.

MOB Leader Training was held for the County/Council on Aging this September. The two-day training allows certified leaders to conduct in-person Matter of Balance workshops. Eight lay-leaders became certified as MOB leaders, serving five counties.

Two MOB Leader Refresher Trainings were held on September with ten Matter of Balance Leaders receiving the Refresher Training.

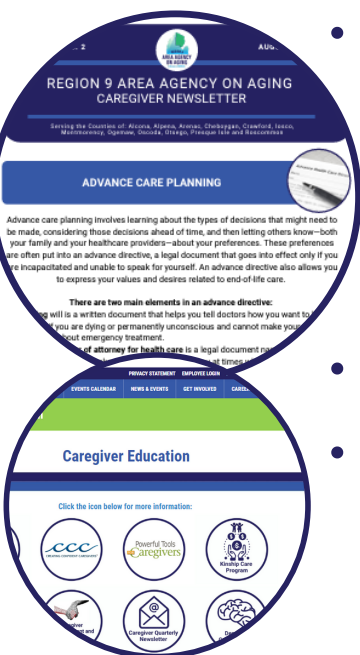


Hale Workshop



Cheboygan Workshop

# Cargiver Support



- Region 9 AAA introduced new a six-part Caregiver Webinar Series.
  - Changing Negative Self-Talk
  - Understanding Hospice and Palliative Care
  - Understanding and Responding to Dementia
  - Kinship Care
  - Navigating Family Dynamics in Caregiving
  - Dealing with Grief and Loss
- Quarterly family Caregiver Newsletters and Family Caregiver press releases were distributed.
- Region 9 AAA hosted three webinar sessions with the Alzheimer's Association Greater Michigan Chapter. Older adults, healthcare professionals, and caregivers of all types attended.
  - Understanding and Responding to Dementia
  - Effective Communication Strategies
  - Know the 10 Warning Signs
- Created a virtual Caregiver Resource Center.

## Lunch and Learn and Community Forum

Region 9 AAA hosted two events on May 25, 2022. The events were held in collaboration with the Alzheimer's Association of Michigan Chapter.

The first event was a Lunch and Learn for older adults and family caregivers. While enjoying a delicious lunch the group was presented with ways to plan for the future and the importance of putting financial plans in place.

The second event was a Community Forum. The Community forum provided an opportunity for our local community to come together to have an open conversation to bolster resources, programs, and services to support family caregivers in our community.





# Caregiver Resource Center

Region 9 AAA developed a Caregiver Resource Center. The Caregiver Resource Center is web-based and designed to help aid the caregivers in finding information that is helpful to them in one easy location. The Caregiver Resource Center has information on local resources, chronic conditions, self-care, financial and legal aid and much more.



## Kinship Bowling Party

Region 9 AAA hosted a Kinship Bowling Party in Roscommon with funding from the Roscommon County Community Foundation. The event targeted Relatives Raising, Relative Children. Participants enjoyed bowling, pizza, prizes, and raffles.

## Long-Term Care Ombudsman



Nursing Homes



Nursing Homes Bed



Homes for the Aged



Homes for the Aged Beds



Adult Foster Care



Adult Foster Care Beds



33 cases opened and closed with 38 complaints.



89 visits to licensed homes.



The Long-Term Care Ombudsman attended 42 trainings.



34% of complaints were over care.

# Help Provided During the COVID-19 Pandemic

Region 9 AAA partnered with District Health Department #4 to hold a COVID-19 Immunization Walk-in Clinic on September 22, 2022. Twenty-one community members received their COVID Vaccine or Booster.

- COVID-19 Immunization Clinics (Alpena, Crawford, and Iosco counties)
- Billboards
- Television Commercial
- Postcard Mailing
- Vendor Table Giveaway Items

Region 9 AAA distributed PPE to 12 COAs and 16 Community Partners

- 34 Face Shields
- 7,008 Gloves
- 12 Thermometers
- 40,200 KN 95 Masks
- 2,000 Cloth Masks
- 1,700 Surgical Masks
- 18.5 Gallons of Sanitizer
- 322 Small individual hand sanitizers
- 3 Cases of Gowns and 585 individual Gowns
- 2 Packets of Individual Wipes
- 4 Canisters of Wipes



## Elder Abuse, Neglect, and Exploitation Initiatives

- Region 9 AAA hosted three virtual webinars via zoom. A total of twenty-six participants attended the webinars. The topics covered included: Challenging Perceptions: Sexual Violence in Later Life, Basics of Elder Abuse, and Basics of Reporting Elder Abuse.
- Posters were created and sent out to Pharmacies, COAs, Adult Day Centers, and other local older adults congregate.
- A paid Elder Abuse prevention commercial was developed and aired regionally.



# Let's Talk About Aging Podcast



Introduction of a bi-monthly podcast (internet talk show) that informs Medicare beneficiaries about Medicare/ Medicaid topics, warns about active scams and fraud, discusses services and programs, and features special guests with topics of interest. Listen at:

<https://www.nemcsa.org/services/senior-services/podcast.html>

Three outstanding Medicare Medicaid Assistance Program (MMAP) Regional were recognized with the State "2022 Team of the Year" award in MMAP ceremonies held in July 2022. Region 9 AAA was recognized as one of three state award winners. This is the third year in a row that Region 9 has been recognized as an outstanding region with "Team of the Year."

## 2022 Outstanding MMAP Counselor certificates:

Sandy Woods (Crawford County COA)

Kathy MacArthur (Samaritas/HUD Housing, Alpena)

Karen Meyers (Presque Isle County COA)

## 2022 Rookie of the Year award:

Shelly Olree (Thunder Bay Health Community Health Clinic, Hillman)

## MMAP Awards



Ogemaw County MMAP Counselor April Zettel shows the Region 9 traveling 2022 Team Award



**MMAP**  
MICHIGAN MEDICARE/MEDICAID  
ASSISTANCE PROGRAM  
*Navigating Medicare*

## Countdown to Medicare 1-800-803-7174

In FY 2022, monthly webinars assisted over 78 new beneficiaries, providing Medicare information, insurance options, and other assistance. Webinars are held on the 2nd Wednesday of each month at 10:00 a.m. for anyone starting Medicare. Call 800-803-7174 to preregister.



# Regional Advisory Council Members

The Regional Advisory Council (RAC) consists of representatives from our twelve service counties. Members help identify the needs of older adults, disseminate information about available services in their communities, identify available resources, advocate on behalf of older adults in Northeast Michigan and present their recommendations to the Board of Directors.

## RAC Chair and Vice Chair

**Terry Dutcher** – Iosco  
**Dennis Fay** – Presque Isle

## Delegates

**Kim Fleming** – Alcona  
**Jerry Broad** – Alpena  
**Roberta Matelski** – Cheboygan  
**Lorelei King** – Crawford  
**Carol Gosse** – Iosco  
**Julie Kendrick** – Montmorency  
**David Burdine** – Ogemaw  
**Connie Messina** – Otsego  
**Mitzi Downs** – Presque Isle  
**Chuck Corwin** – Roscommon

## Members-at-Large

**Shelby Gohl** - Alcona  
**Darlene Huff** – Alpena  
**Carol Wilder** – Crawford  
**Eileen Howell** - Ogemaw

## Michigan Senior Advocates (MSAC)

**Lorelei King** – Crawford

## Region 9 Directors Delegate

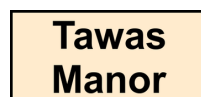
**Dale Evilsizer** - Iosco

Photographed current Regional Advisory Council Members



**Back row:** Carol Wilder, Terry Dutcher, Darlene Huff, Eileen Howell, David Burdine, Julie Kendrick, and Dennis Fay.  
**Front row:** Lorelei King, Carol Gosse, Shelby Gohl, Connie Messina, and Mitzi Downs.

Many thanks to our partners who provide services.  
We are grateful for the incredible work that they do.



**AREA AGENCY ON AGING**  
A DIVISION OF NEMCSA



Eden Fields Assisted Living & Memory Care -  
Gentle Winds, LLC -  
Kay's Caring Hands, LLC  
- Lifeline Systems -  
Tommy Kasubowski

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