

# BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs  
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#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



LIVEWISE at the YMCA is a program that builds confidence and hope for individuals who are experiencing early stage Alzheimer's Disease, dementia or other memory impairments and their caregivers.

Dementia, a general term for diseases like Alzheimer's, disrupts at least two out of four core mental functions: memory, language, planning and problem solving, and the ability to interpret visual information

LIVEWISE is a free eight week program, at the YMCA of Marquette County. Groups meet twice a week for 1.5-2 hours. Individuals and caregivers complete 45 minutes of physical activity and then meet with a trained specialist to learn about:

- Healthy Eating
- Managing Stress
- Understanding Alzheimer's & Dementia
- Care Partner Support
- Quality of Life

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## FOR YOUR INFORMATION

### **National Falls Prevention Awareness Day**

Customizable materials for National Falls Prevention Awareness Day (Sept. 21) are now available on Exchange. It's a day of action that encourages the public to learn their risk and access programs that can help them reduce risk for falls.

### **Group-Based BPSM Pilot**

The State Alliance of Michigan YMCAs is working to create three versions of a group-based Blood Pressure Self-Monitoring Program. Each model will retain the original programs content and purposed, but utilize a group environment to encourage enrollment and ongoing participation. Staff satisfaction will also play a significant roll in the program: the goal is for staff to enjoy delivering the program, increase time spent with participants, and improve ease of facilitation of program materials. Special thanks to the Ann Arbor, Cadillac, and Metro Detroit YMCAs for their work in creating program materials. More info to come as work continues!

- Community Resources
- Understanding Grief
- Physical Activity

Participants will begin building a healthy lifestyle and find support through shared experiences.

Facts about dementia and Alzheimer's disease:

- 1 in 9 people over the age of 65 and 1 in 2 over the age of 85 has Alzheimer's Disease
- Every 67 seconds someone develops Alzheimer's
- Growing evidence links heart health and brain health
- Caregivers experience anxiety and depression levels at similar or higher levels than a person with Alzheimer's
- Exercise programs have been known to improve individuals daily activities as well as decrease falls, malnutrition, behavioral disturbances and depression according to The American Geriatrics Society.

The Alzheimer's Association of Michigan and the State Alliance of Michigan YMCAs have recently been awarded a grant from Blue Cross Blue Shield of Michigan to spread this program over the next two years. Approved YMCAs will be asked to deliver ten cohorts of the program, serving 10 dyads (caregiver and person with dementia) each, by the end of the grant cycle.

Kate Pierce, Alzheimer's Association Grant Lead, will speak on the October 11th Statewide EBHI conference call about this opportunity.

Special thanks to the YMCA of Marquette County for creating this

## UPCOMING EVENTS

- **Grand Rapids Regional Training Event**  
Facilitation Skills - Sept 11 & 17  
Facilitating Change in Small Groups - Sept 24 & 25  
Intro to Listen First - Oct 5
- **Moving For Better Balance Instructor/Trainer**  
Instructor - Oct 17 & 18, Trainer - Oct 16, 17 & 18  
Farmington Hills Y, 28100 Farmington Rd, Farmington Hills, MI 48334. Pre-reqs required for Trainer level. Contact Monica Turner for more information: mturner@ymcacolumbus.org
- **Michigan Diabetes Prevention Network Meeting**  
Thursday, September 25 at the Michigan Public Health Institute  
2436 Woodlake Circle Suite 300 Okemos, MI 48864. Lunch is provided. RSVP at [www.midiabetesprevention.org](http://www.midiabetesprevention.org)  
10-11:30am - Lifestyle Coach/DPP Coordinator Special Session  
12-4pm - Network Meeting
- **Y Leaders Conference**  
Join in the fun at this great conference (please note new day and month): Friday, November 2 at the Lansing Center. Register at [miymcaleaders.org/2018](http://miymcaleaders.org/2018)

## PEER SPOTLIGHT: AREA AGENCY ON AGING

Area Agencies on Aging are a nationwide network of entities designated by federal statute to plan and develop services to promote health and independence. They serve as a one-stop shop with expertise on aging and long term care.

There are 16 AAAs that serve all of Michigan's 83 counties. Most are private nonprofit organizations and cover multi-county regions. AAAs are run by boards of directors; most board members are appointed by county boards of commissioners and other local officials. The organizations also have advisory councils with older adult leaders and service providers. AAAs promote healthy aging, dignity and independence in many ways.

AAAs assist older adults, younger people with disabilities, and caregivers looking for information and resources. They are experts on all aspects of aging.

As advocates on behalf of older adults and caregivers. AAAs seek new programs, more funds for existing programs, and public policies that impact health and well-being. The federal Older Americans Act requires AAAs to advocate for older adults. AAAs have been successful in advocating for federal, state and local resources, and blend all three into a cost-effective service system.

To find out more about the AAA in your area go to [www.mi-seniors.net](http://www.mi-seniors.net)