

# The Best OF AGING

Welcome

2011

the Year  
of Ageless Attitude



## THIS MONTH'S FEATURES:

### TIME WELL SPENT

50 Years of Law Enforcement with  
Jimmy F. Moore of Ypsilanti

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### LIVING GREEN

Is the Green House the Future  
Nursing Home?

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### THE BEST OF AGING

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## From the Publisher

Time magazine recently sponsored a poll by the Pew Research Center that determined 40% of Americans do not believe in the institution of marriage. This is up from 28% from a similar poll taken in 1978. This news really doesn't surprise me but I am troubled by a growing trend of people and pundits that take this to a point where it is natural and all right to defend this point of view and look at the people that are married as pitiful fools. For example, a radio pundit upon announcing the results of this poll went on to comment that marriage in and of itself is just a roll of the dice and that 50% of all marriages end in divorce. While the latter is very true based on statistics, the former could not be any further from the truth.

The truth is that marriage is not a matter of chance. It takes hard work every day by two dedicated people to live with each other. If you walk into a marriage believing that you have no stake in its success, then it is not a matter of "if" it will end, it is a matter of "when" it will end. We seem to want everything easier these days. While this is good for a lot of things such as cell phone plans, insurance and hospital bills, it really isn't conducive to the institution of marriage. Marriage is supposed to be hard work because it's worth it.

A few weeks ago I was at a Christmas party and learned of a couple of new trends that seem to encourage failure. The first trend is a secret stash account. This is where the spouse has a secret bank account that is funded that allows him or her to easily run away should things get too difficult. I can't even imagine keeping this from my wife. If I did, I wouldn't be alive very long once she found out.

The second trend is having separate checking and/or savings accounts. While there are very valid reasons for older couples that have remarried and want to keep separation for passing down inheritance to their biological children and grandchildren, it is more difficult to understand first time marriages that enter into this from the get go. It's almost like

saying, "I sort of want to spend the rest of my life with you, but just in case, let's keep everything separate so that it is easier to get a divorce."

My wife and I will have been married for 23 years in July. We've had our good times and bad times. There are times when it seems like we've been together for 230 years and other times that it seems like 23 seconds have gone by. Everything is tied together; our money, our children, our dreams, our interdependence, and yes even our independence to mature and grow on our own without fear of rejection or humiliation. Overall, I am glad that I am, to use a poker term, "All In."

When the pundits and people who are so fearful of marriage get together and talk about how great it is to be "independent" and "free" to have the best of both worlds, I say that you are entitled to your opinion and lifestyle but there are people out there that find great enjoyment in experiencing a deeper and more meaningful aspect of marriage that can only come from tearing down all of the easy avenues that encourage separation. We must put as many roadblocks on these as we can and get back to the very simple yet difficult concept of trust. You don't have to enter a marriage knowing all of the answers, in fact it's probably better that you didn't know any of the answers. You just need complete trust in your partner.

For those of you who have not considered marriage because of all these polls and statistics and have come to believe that the institution of marriage is dead, I say stop listening to these people. If you don't want to get married, that's wonderful. Not all people agree with marriage as I don't agree with blue cheese or olives. Marriage as an institution is alive and well. Just because you don't believe in it doesn't mean you have to denigrate it to make yourself feel better.

I hope you enjoy and achieve *The Best of Aging* in your life. Happy New Year everyone!

*Jeff Collison*  
Publisher, *The Best of Aging*

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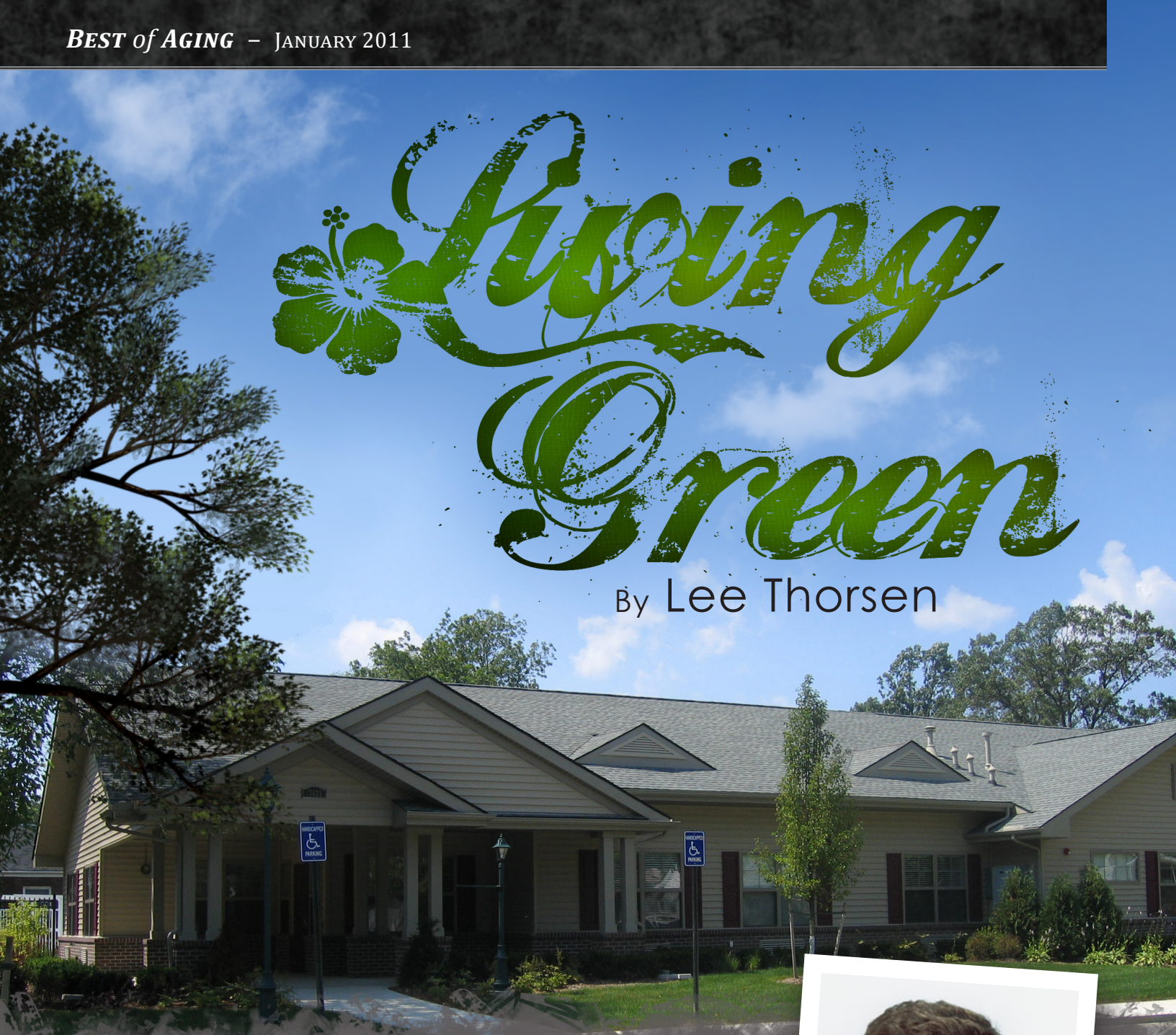
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# Living Green

By Lee Thorsen



*If the color green were a person, it would probably be very tired nowadays with all of the movements, vices, and terms associated with it. Has it finally found new life in a nursing home?*



WILLIAM H. THOMAS, M.D.

The Green House® Project is a new type of nursing home for seniors. Some are saying that it is the next evolution in nursing homes. Dr. William H. Thomas, M.D., a geriatrician, founded the Green House Project along with the Eden Alternative®. The Eden Alternative is a model for cultural change within an existing nursing home while the Green House is a physical building that replaces the nursing home and employs the cultural changes found in the Eden Alternative.



## THE SAME OLD WAY

The Medical Facilities Survey and Construction Act of 1954, along with the passage of Medicare and Medicaid in 1965, helped launch the unprecedented growth of the modern, medically based nursing home. Over 16,000 nursing homes exist in America today and many of them are in need of an overhaul. A typical large institution has 120 beds and is divided into units of 20-40 elders. Nursing homes are organized much like hospitals with steep bureaucracy and ridged schedules. “The mission of a typical nursing home is to feed, water, medicate, exercise, dress and bathe the people that they are responsible for,” says Dr. Thomas. “In other words, it’s about tasks. What needs to be done at what time. Green Houses are different, they put relationships first.”

## THE NEW HOME

Each Green House is designed to be a home for eight to ten elders and is blended into a neighborhood to look like any other home on the street. Within its doors is something spectacular. Instead of being centered around the cold and lifeless hospital model full of long corridors, medicine carts, nurses, doctors, sterile stainless steel, and precise schedules, the Green House is centered around the elder and focuses on creating a home. The Green House is not “home-like” as many nursing homes try to portray; it is an actual self-contained home. When you enter a Green House, you recognize all of the things you have in your own home; the smell of home cooking, laughing, most everyone gathered in common rooms being a family. Each elder has a private room with a private bathroom. There is a large central kitchen, a living room with a fireplace and a dining area that are within view of each private room.



## WHO RUNS THE PLACE?

The traditional model of care is completely reversed from the Green House model. The traditional model is medically based and very hierarchical with administrators, doctors and nurses on top and the main caregivers and elders on the bottom. The main caregivers, often certified nursing assistants, along with the elders are in

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the center of the Green House model and the structure is very flat with the many disciplines (doctors, nurses, administrators, dieticians, etc) in supportive roles. A self-managed work team of caregivers called Shahbazim, staffs the Green House. Shahbazim is the plural form of Shabaz. Taken from the ancient Persian word, Shabaz is a mythological bird and literally translates to the King's Falcon. Of course, the "King" refers to our elders in this instance.

The Shahbaz of the Green House is the central figure in managing the household and does everything from cooking to cleaning to laundry. More importantly, they establish and nurture an ongoing relationship with the elder, which is one of the core missions of the Eden Alternative. Each Green House has its own rhythm, just like any home would have. Some Green Houses are early rising while others sleep in and stay up late while still others are a mixed bag. It's all about the rhythm of the household that the Shahbaz taps into and works with to create harmony.

**EMPOWERING THE WORKER**

Direct care workers are generally underpaid, overworked and undervalued in a traditional nursing home. They care for as many as 10 to 20 people and are moved around on shifts and floors, and don't get to know the individual residents. They are often disrespected from their supervisors and feel helpless in their job. It is not



surprising that there is nearly a 100% turnover rate for traditional nursing home workers over a one-year period.

Compare this to a less than 10% turnover rate for a Green House. The Green House Project organization provides nearly 150 additional hours of specialized training before a person can take on the role of a Shahbaz. The curriculum includes CPR, first aid, culinary skills, safe food handling, household operation and most importantly communication skills. The Green House model stresses the importance of clear communication among and between staff and residents.

**WHAT ABOUT THE ELDERS?**

We have a nice new home and great, motivated workers, but what about the elders? After all, that's what its all about anyway. Lela Jasper should know. After all, she has been a resident of The Green House located in Redford, Michigan at the Presbyterian Villages of Michigan since it first opened nearly five years ago. "I love it. It feels like home," says Lela Jasper.

The elders take part in almost all aspects of their care. From deciding when they want to wake up to when they want to go to bed and everything in between. Family and friends are encouraged to visit and stay the night if they wish. There are no medicine carts in the place as each private room has its own medicine cabinet filled with





the specific prescriptions required by the elder. House council meetings are held each week and include elders in the decision-making process. All of this adds up to giving the respect and dignity back to our elders – as it should be.

The University of Minnesota conducted the Tupelo Green House Study and found that residents had a higher quality of life, better health, and a better overall experience while living in a Green House. Tupelo, Mississippi was the first in the nation to build Green Houses in 2003.

### THE FUTURE

There are 93 Green Houses in operation with another 150 in development in over 25 states. In Michigan, there are seven Green Houses. The Robert Wood Johnson Foundation awarded a grant to NCB Capital Impact's Community Solutions Group to support the development of 50 projects (one in each state) across the United States through the Green House Project. In 2003, the leadership at the Presbyterian Villages of Michigan took a bold step to invest in an unproven, yet innovative

replacement of the traditional medical model of nursing homes. In 2006, they were the first in the state to build a Green House.

They have two Green Houses at The Village of Redford location in Redford, Michigan. Thomas Hosinski, Vice President and Executive Director of The Village of Redford, says, "Green Houses just make sense. I've been involved in many facets of long term care and I believe that this approach is the future of nursing homes." Today, The Village of Redford serves as a national training site for other organizations that are building these innovative solutions to be the next generation nursing homes.

## FYI

For more information on Green Houses, please visit [www.thegreenhouseproject.org](http://www.thegreenhouseproject.org) or [www.pvm.org](http://www.pvm.org).



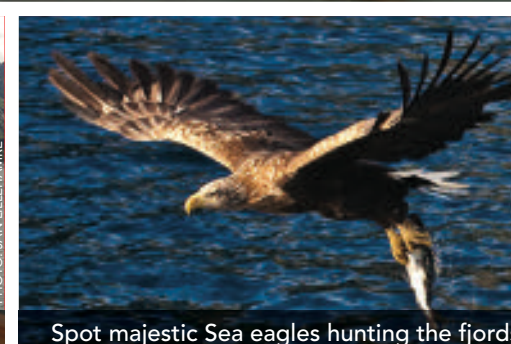
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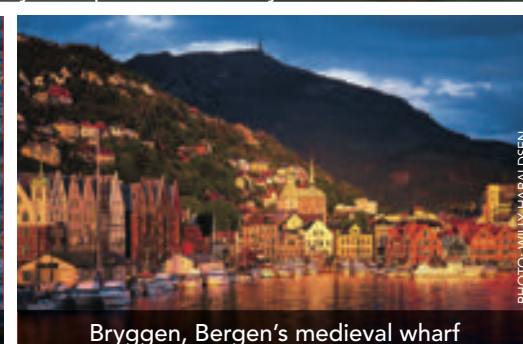
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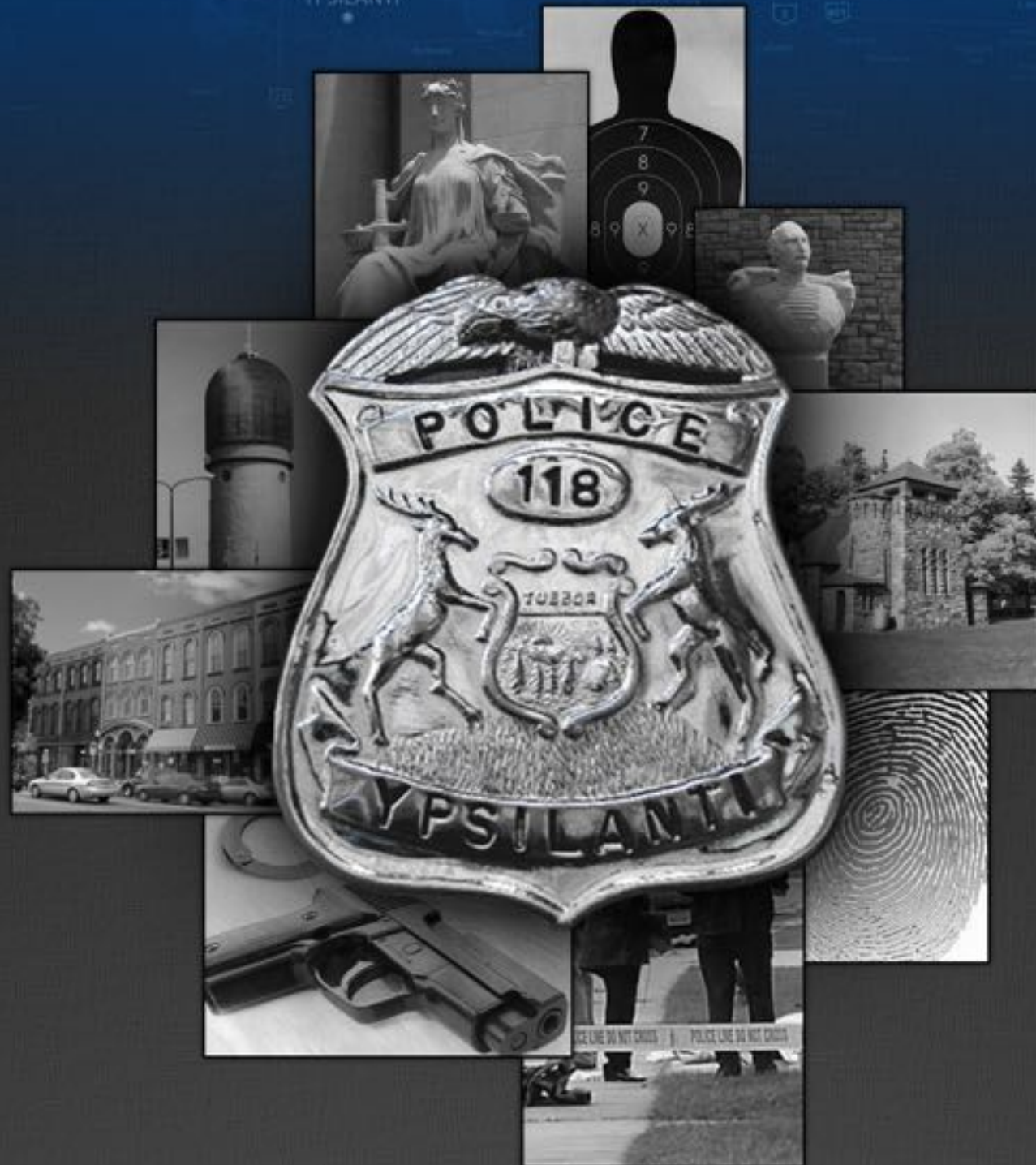
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# TIME WELL SPENT JIMMY F. MOORE BY LEE THORSEN



Local Ypsilanti man speaks about his time with the Ypsilanti Police Department with his involvement with serial murderer John Norman Collins (a.k.a. The Co-Ed killer) and the race riots of the 1960's. More importantly, he gives us inspiration on how he reinvented himself from a law enforcement official to an educator and small business man. Jimmy F. Moore is worthy of this edition's Time Well Spent profile. If you know of a person that has a fascinating story to tell, please let us know.

Jimmy F. Moore has been in law enforcement for nearly 50 years. *The Best of Aging* had an opportunity to catch up with him recently and discuss his career and his ability to reinvent himself into the different facets of the law enforcement profession.

### HUMBLE BEGINNINGS

Mr. Moore began his involvement with law enforcement while bagging groceries at a grocery store. "I was 20-years-old and started talking with a patrol officer and he suggested that I go in and apply for a position with the Ypsilanti Police Department," says Mr. Moore. He began working as a patrol officer in December of 1961 and never looked back. It was trying times as one of the very few African-Americans in the police force at the time, especially during the racial unrest of the 60's. "I was in the position of an enforcer and had to protect life and property, yet I was sympathetic to the cause and I understood the nature of the frustration. Mostly we were caught between a rock and a hard place."

The causes -segregation, unemployment, and economic disparity- all played a part in raising the level of frustration. "We all saw it and lived with it everyday. A white worker and a black worker doing the same job but the black worker received less pay and less advancement." Mr. Moore goes on to say, "It's all right if you are part of the majority group, but it feasters like a boil if you are part of the minority group."

Many police departments were not equipped with the necessary tools that are needed to properly handle domestic unrest. "We had early World War II helmets that were so heavy that we could not get out of the car with it on," says Mr. Moore. "There was no riot gear or training to handle the masses."

"We have the same problem now, not for the same racial reasons," explains Mr. Moore, "but for economic reasons. I can see the same situation parallel itself with the fight over the unemployment extension that will put another 4 million people out of work. People will be forced to fight for their survival in any way they can."



Deputy Chief Jimmy F. Moore (right) stands with Ypsilanti Chief of Police Elwood Dethloff (left) in 1976.

## THE MICHIGAN MURDERS

As Mr. Moore advanced within the Ypsilanti Police Department, he encountered a very dark time in our past. In July 1967, Ypsilanti and Ann Arbor began a two-year ordeal with terror that ended with the arrest of John Norman Collins and the brutal murders of seven young, white women. Collins was convicted of the murder of Karen Sue Beineman and sentenced to life in prison. In his 1976 book, *The Michigan Murders*, Edward Keyes depicts the details of the numerous homicides that led to Collins' arrest. The 1977



film adaptation of the book, *Now I Lay Me Down to Sleep*, was partially filmed in Ann Arbor.

During the ordeal, Mr. Moore was assigned to a special task force made up from the Washtenaw County Sheriff, Ann Arbor Police, Ypsilanti Police, Eastern Michigan University Police, and the Michigan State Police to focus on solving the murders. "It was a frustrating situation," says Mr. Moore, "we felt helpless because young people during that time thought they were invincible no matter how much we warned the community. Young women would still accept rides from total strangers."

Mr. Moore patrolled the less populated area roads for potential dumpsites of a body. It was known that the killer would take the life of his victim and then dump their body in a place where it could easily be discovered. If the body was not discovered within a few days, the killer would relocate the body. "Our hopes, while patrolling

these dark areas, was to find a body before anyone else did and replace it with a mannequin and wait for the killer to return," explains Mr. Moore. "Karen Sue Beineman's body was found in a deep gully and we were able to keep this out of the press. I was not on the stake out, but on the perimeter working ingress and egress to the area being staked out." On a dark night, officers reported hearing someone approach the mannequin but could not apprehend him.

As time went on, pressure to catch the killer increased from the community, universities and even Governor Milliken whose 21-year-old daughter was a junior at the University of Michigan. This was a time where there wasn't much cooperation between law enforcement agencies and there was no FBI profiling of serial killers. In fact, the FBI would not open its Behavior Science Unit until 1972 nor would it begin to conduct important interviews with convicted serial killers until 1976. A psychic by the name of Peter Hurkos was brought in by a local community group to offer help to solving the case. Hurkos gained some notoriety in the press for having spent time, albeit unsuccessfully, on the Boston Strangler case. "Law enforcement at that time welcomed any help that they could get. Whether we believed in it or not was immaterial. Girls were losing their lives." Mr. Moore continues, "I know that some psychics have been able to find dead bodies, but they generally can't tell you who killed them. Hurkos provided no help during his time here."

"We had a tip line where we logged all of the calls and investigated everything that came in," says Mr. Moore. "In fact, that is how we originally were notified of the existence of John Norman Collins. We interviewed him and he was one of the possible suspects that fit the killer's description. His uncle, a Michigan State Trooper, was aware that he had been interviewed and was suspicious of Collins upon his return from a family vacation after having Collins house sit and turned him in." It was later determined that Karen Sue Beineman was murdered in the basement of the Michigan State Troopers home.

## CHIEF OF POLICE

In 1978, Mr. Moore was promoted to the Chief of Police for the Ypsilanti Police Department and held that position until he retired in 1986. Although he holds the distinction of being the department's first African-American Chief of Police, he is quick to point out that he worked to the best of his abilities as any other Chief of Police would do, regardless of race. "I believe I share a common bond with President Obama as a result of my time as Chief of Police in that I understand some of the questioning of his leadership and his decisions could be a result of his race and not of his abilities," says Mr. Moore.

## EDUCATOR

Most people after 25 years on the job would call it a day and retire on the front porch with their favorite chair. Jimmy F. Moore, to use an intentional pun, wanted more. "I've always wanted to teach," Mr. Moore says. "I always thought that I had some abilities and experience that should be shared with young people. Especially people who wanted to get into law enforcement." In 1987, Mr. Moore began teaching at Washtenaw Community College and has been a part time lecturer there for 23 years. He also began teaching at Eastern Michigan University in 1995 and continues as an adjunct lecturer to this day.

"When Dr. Ruth Walsh started at Washtenaw Community College, who is the department head for public service, it was the first time that I had the opportunity to be asked to teach a class. So that's where I started." Mr. Moore goes on to explain, "I've always been truthful to the students on the real-life aspects of being in law enforcement. I don't sugarcoat it and explain that this job is nothing like their experience with television shows. At times it can be totally boring and other times it is extremely stressful. It can go from boring to stressful in a matter of seconds."

At the beginning of every semester Mr. Moore asks his students what their career goals are for law enforcement. Quite a few will state that they want to start out being a detective. Mr. Moore responds, "In order to be a detective, you must first start as a patrol officer and work the ungodly hours of the midnight shifts, be constantly on

call, and go to court during the day. Nobody is going to like you and you certainly won't do the glorious stuff that you see on television."

## SMALL BUSINESS

In addition to his career in education, in 1984 Mr. Moore opened JF Moore & Associates, a private investigator business that provides investigative and legal process services. "We take pride in treating everyone with the respect and dignity that they deserve," says Mr. Moore. "When we serve an eviction notice for example, we understand that this is a very stressful situation on the individuals being evicted. Stress causes individuals to act differently than normal and therefore we take every step possible to be respectful and not add to the amount of stress that they are going through."



At 70-years-old, Mr. Moore is enjoying life and has no intentions of slowing down. With his teaching positions at Washtenaw Community College and Eastern Michigan University as well as his business, Mr. Moore exemplifies The Best of Aging that we all aspire to achieve.





## Serving Others With Dignity Bill Yaeger

By Lee Thorsen

*Serving Others With Dignity is a column that puts a needed spotlight on the efforts of so many people who volunteer their time to help others. We hope that this column serves as an inspiration and motivation to help others to experience the joy of volunteering. If you know of a person that deserves to be recognized for their contributions, please let us know.*

I have to say that I was torn as to whether Bill Yaeger should be featured in this column or in our Time Well Spent column. During the interview process, I quickly determined that he certainly qualifies for both. At the end of the day, I decided to feature him in this column as he has helped thousands of people over the past 24 years as a volunteer counselor for the Michigan MMAP (Medicare/Medicaid Assistance Program) and as a Catholic Social Services tax aid volunteer. He has logged an astounding 20,000 hours of service during this time. In addition, his volunteer efforts have also included working at St. Thomas Church in Ann Arbor, Veterans Administration Hospital, Knights of Columbus, and St. Vincent de Paul Society.

Mr. Yaeger is the recipient of Michigan's 2009 Governor's Service Awards in the Senior Volunteer of the Year category. The Governor's Service Awards are presented annually to individuals, businesses, and organizations to acknowledge their commitment to solving community issues through volunteerism. This award honors a senior citizen who has taken action to

make her or his community a better place to live. The Best of Aging had an opportunity to spend some time with Mr. Yaeger to learn about the man behind the award.

**Q** *You're coming from a generation that seems to appreciate what was given to them. However, not everyone has given back the way you have. Why are you volunteering?*

**A** There is a reason why I've given back. It is because I served in World War II in the 70th Infantry Division and when I came back after being discharged the GI Bill paid for both a Bachelor's Degree and an MBA from the University of Michigan.

**Q** *The 70th Infantry Division was involved in the largest land battle of World War II that the United States directly participated. More than a million men fought in the battle from mid-December 1944 to the end of January 1945. It was originally known as the Ardennes Offensive and better known as the Battle of the Bulge. For the American side, there was over 70,000 casualties that included 19,000 killed. Can you talk a little more about your experience?*

**A** I was enrolled in Sacred Heart Seminary in Detroit and studied to be a priest for four years. That's one thing that contributed to my volunteerism. I learned a lot about families and the dynamics that occur. However, I realized that it wasn't in my heart to continue along that path and then I enlisted in the army. After basic training, I was shipped to Europe for two years and took part in the Battle of the Bulge. After V-E Day (May 8, 1945), I was assigned to General Eisenhower's Honor Guard and was stationed in Frankfurt, Germany. I learned a great deal on how to work with many different types of people from all walks of life.

**Q** *What did you study at the University of Michigan?*

**A** I received a Bachelor's Degree in Language Studies. I went to my counselor and he said that I was in the wrong field of study. I took an aptitude test at the Veterans Administration and it was determined that I should become either a farmer or an accountant. I chose accounting and went back to the University of Michigan to get an MBA in accounting. My Bachelor's Degree was not a total loss, as I met my wife Lenore while attending Spanish class in the Romance Language Building.

**Q** *What came next?*

**A** I worked for Hoover Universal as a financial controller and moved around a bit over the years. In 1986, Johnson Controls acquired it. At that time I had 35 years in and retired. I started volunteering the next day and was called back and worked as a consultant for Johnson Controls another 20 years. I had a total of 53 years with the same organization.

**Q** *I understand that your type of volunteering requires continuing education. Can you talk about that?*

**A** Yes, I attend quarterly training sessions every year to keep up on the new changes and legislation. For example the open enrollment for making changes to your prescription drug plan just ended (from Nov. 15 through Dec. 31). This year for 2011, there were mammoth

changes because they went from 51 plans to 35 plans so 16 were eliminated altogether. All those people in those 16 plans had to choose a different plan and I had to be knowledgeable on how to properly advise them.

**Q** *Do you think volunteering has affected your health?*

**A** Yes, there is no question about it. I'm 86 and active. I have many friends. In fact, I attended a funeral for a friend who was in his early 70's. He got dementia and then Alzheimer's. I think exercising the mind prevents a lot of that. That's what I do all the time in solving problems for others. I use my mind to find a better path for a client. I analyze a bill and find out what's wrong with it. I had one not so long ago where a woman came to me with a medical bill for \$987.00 and said that she didn't remember even seeing a physician. I made a phone call and found out that the procedure that she was billed for was a prostatectomy. So that took care of the whole bill immediately as of course women can't get that procedure.



**Q** *I recently spoke with Stephanie Levijoki who is the coordinator of MMAP (Medicare/Medicaid Assistance Program) for Washtenaw County. You work with her, along with 13 other trained MMAP volunteers. Ms. Levijoki said, "Someone like Bill inspires me because he is so kind and patient. He makes people*

feel as if they are the center of his world when he talks to them." What do you personally get out of volunteering?

A A lot of the clients that I've met have really improved my education. They are giving me their life stories and it helps me in living the rest of my life. It affects my behavior in different situations and allows me to improve myself. For example, I've improved my level of patience with people that are difficult to work with. There is one that bothers me as she is very hyper and she does not trust anyone, including myself, even though I've been helping her for the past 15 years. I also receive the

satisfaction of helping someone that is in need. People approach me with weighted down shoulders with problems they haven't been able to solve. A doctor bill or a hospital bill, they don't know where to go and they have this insurance policy that is worthless. When I get done with my hour with them, they walk out like they're floating on air. Also, it is the satisfaction of saving people money. I talked to a person last week. He was paying \$895 per month for his Medigap policy, when he left he was paying \$111.00. I saved him \$784 a month in just one hour. That keeps me going.



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*My mom can still visit easily but her sense of time depends on what comes to mind in the moment. She may think something that happened last week or 40 or 50 years ago. She repeats conversations and questions. She argues if we attempt to explain that this is not a new television, that she has had it for 12 years. She has Alzheimer's.*

She still maintains her own home. She may forget to buy groceries or take her medication but she insists that she is doing so. We live almost 250 miles away from her so it is difficult for us to show her these things as they happen. She has friends nearby who watch out for her, run errands, take her uptown for necessities and occasionally out for meals if she is willing to go. If these friends were not available, we would hire someone to check on her daily.

She is 93 and maintains well enough that I, being her only child, have decided to let her be until she cannot function at home anymore. She is happier that way and the only satisfaction for her going to a nursing home would be my peace of mind. I prefer to let her be happy in her home rather than creating more confusion for her by putting her in a retirement home.

We have learned a few things from others about some simple legal matters. Mom insists that everything will come to me in her will but it was difficult for her to understand why we need both a medical power of attorney and a general power of attorney. We attempted to explain, several times, the possible need for a medical power of attorney – if she had a stroke or could not tell the doctor that she did not want life support, I, even as her daughter, could not demand her request without a medical power of attorney.

A friend shared that when he attempted to have the electricity and telephone turned off at his mother's home after her husband passed away and she moved to the nursing home, they would not do it because those utilities had been in her husband's name so even she could not have them turned off. He had to go through some legality and show proof of death of his father to finally convince the utility companies that his mother was no longer living in that house and they would no longer pay those utilities. If a general power of attorney had been obtained from the man's father before he died, those necessary projects could have been carried out with ease. Mom did consent and a power of attorney for both medical and general were signed.

**A medical power of attorney** gives the designated manager the power and authority to request, review, and receive any information, verbal or written, regarding my physical or mental health, including, but not limited to, medical and hospital records; execute any releases or other documents that may be required in order to obtain this information; and give consent to the disclosure of this information.

**A general power of attorney** provides wide-range authority to the person or organization agreed upon to be the manager. This authority usually includes handling banking transactions, entering safety deposit boxes, buying and selling property, filing tax returns, handling matters related to government benefits and other necessary actions.

Many do not realize how important it is to have these documents designated by the giver's permission. Too often it can be too late to receive this permission, which produces frustrating results.

**FYI** CONTACT [www.ALZ.org](http://www.ALZ.org)  
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# THE 2011 A-LIST FOR AGING WELL

BY LYNN ALEXANDER

*My maternal grandfather's lifespan lasted from just after the Civil War to the time when astronauts landed on the moon. He walked several miles a day into his nineties and had a zest for life. In the 1800's one of my ancestors lived to be 118 years of age. So is it any wonder that I am fascinated by the concepts of longevity and aging well?*

Ever since the days of Ponce de Leon's search for the Fountain of Youth, people have been obsessed with discovering the secret to aging well. When interviewed, centenarians recite a number of rituals that they believe account for their successful aging: everything from green tea to a shot of whiskey every night are touted as the way to go. One thing almost everyone agrees on is the importance of embracing life and being passionate about something beyond yourself.

Every year I recognize people who represent those very qualities, the Academy Awards of aging well. Here are my picks for "The A-List For Aging Well" in the year 2011:

■ **BETTY WHITE** - *Betty continues to reinvent herself in amazing ways. From an appearance on Saturday Night Live to many roles in movies, her energy seems endless. She must hold a record for the number of fans on her Facebook page. This is the second year in a row on this list for Betty. She has earned her place!*

■ **FLORENCE HENDERSON** - *For having the courage to entertain us on Dancing With The Stars and for looking so great. For being so lithe and fluid with her movements. Not only that, did you see those legs? They are a wonderful sight to behold!*

■ **REGIS PHILBIN** - *He is peaking at a time when many slow down. Regis not only keeps up with his co-host Kelly Ripa on Regis and Kelly, he is often one step ahead of everyone else. Although he whines about the many procedures he has endured as he ages, Regis always bounces back with vigor and provides an example for others on making smart choices to age well.*

■ **LARRY KING** - *He has announced his retirement after many years in the media spotlight. However, we will see much more of him since he has said he will still find some way of being a part of the scene.*

■ **JAMIE LEE CURTIS** - *She has chosen the natural way to age and rebelled against the whole anti-aging craziness. She looks as sexy and vibrant as ever. Her tango with Arnold some years ago still is a favorite for many. She also continues to be a force when it comes to capturing great roles in movies. Everybody's sweetheart has a flair for comedy and an ability to reach an audience like none other.*

■ **CAROLINE KANANEN** - *My 96 year old aunt still lives independently and looks chic when she "dresses for the occasion". One of my favorite childhood memories is looking at her collection of beautiful shoes and*

*jewelry when I would visit her home. She still has that knack for accessorizing. Not to mention, she is a lot of fun to be with!*

■ **ISADORE ROSENFELD, MD** - *a professor of medicine at New York Hospital Weil Cornell Medical Center and Fox News Contributor on Sunday mornings. He looks the part and has the knowledge to back it up. Dr. Rosenfeld epitomizes the doc you want as your own. He captures the essence of any subject matter he is speaking on and makes the information interesting and understandable. If you were sick he would be the pair of eyes you would want examining you. He is a contributing editor for Parade magazine with 82 million readers. A senior citizen himself, Dr. Rosenfeld transcends generations and is timeless, thus rounding out our A-List for Aging Well.*

For those who may fear aging, take a lesson from this A-List and realize that *The Best of Aging*® can happen for you. Perhaps you will find your way onto an A-List as you shape your life in a positive way. I wish all of our readers a year of aging well in 2011.



Lynn Alexander is known as Your Aging Well Advisor, an advocate for seniors and speaker on aging well and caregiving. A former Michigan Cabinet official, State Commissioner on Aging and executive for Oakland County, she recently authored "Caregiver Tsunami". Lynn Alexander may be contacted by visiting her website at [www.YourAgingWellAdvisor.com](http://www.YourAgingWellAdvisor.com) or by calling (248) 972-4993.

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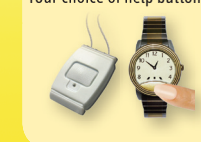
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# FLAWS OR POTENTIAL?

By C.J. Golden



Welcome to 2011 -- a new year, a new decade. And, just how, I ask you, did this all happen so quickly? Wasn't it only a few months ago that we were ushering in a new millennium; worrying about computers crashing with the onset of Y2K? Well, we did survive the onset of the 21st century. And we did survive its first decade -- one that was fraught with a multitude of challenges.

I have a very wise and dear friend, Donna, who speaks of A New Year, emphasizing the first letters of those three words: ANY. According to Donna, ANYthing is possible -- and, with the onset of this new decade, this New Year, I intend to take those three words: anything is possible, and turn them into my mantra.

Will everything I strive for come to pass? Possibly not. But with every step forward I will be continuing on my path a bit stronger, a bit more knowledgeable, and with the ability to take what I have learned and apply it to my future growth.

With that in mind, I offer you this quote, one which I intend to hold onto through this New Year: *"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."*

And there is potential. Despite the difficulties we might have faced in the last decade, there is always potential for our lives to be filled with success and joy. There is always potential for individual growth. And, no, I don't mean the kind that happened when we overate during the holidays -- I am talking about the spiritual and emotional growth that comes with acceptance. The last decade was tough -- oh boy, was it tough. But within the challenges it brought the opportunity to learn more about ourselves and the strength that we possess.

Now our mission is to take that strength and those lessons learned and turn them into positives that will carry us forward through this New Year. We can face 2011 and look for the flaws in our lives; or we can face 2011 and look for the potential. I don't know about you, but I'd much rather look for the potential. Much more fun, don't you think?

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