

# 2023 MSU AgeAlive Research Forum

## *Resource Agency Information*

### 1. Area Agency on Aging of Western Michigan

Liz Barnett, Outreach Specialist

[LizB@aaawm.org](mailto:LizB@aaawm.org)

3215 Eagle Crest Dr.

Grand Rapids, MI 49525

616-456-5664

<https://www.aaawm.org/>

We are helping seniors, and those living with a disability, age in place with dignity and independence. Within our scope of programs are two long term care programs, transition programs, and Dementia Friends MI program.

### 2. AARP Michigan

Lisa Dedden Cooper, Manager of Advocacy

[L.Cooper@aarp.org](mailto:L.Cooper@aarp.org)

123 W. Allegan St, Suite 500

Lansing MI 48933

(866) 227-7448

[AARP.org/MI](http://AARP.org/MI)

[Facebook.com/AARPMichigan](https://www.facebook.com/AARPMichigan)

AARP's mission is to empower people to choose how they live as they age. While no one chooses to have dementia, we strive to help people choose to live healthier lives and empower individuals and families with knowledge and resources so they can live better with dementia than so often happens now.

### 3. MSU AgeAlive/IMPART Alliance

Clare Luz, Director and Shannon Harkins-Padgitt, Projects & Operations Manager

[agealive@msu.edu](mailto:agealive@msu.edu)

[www.agealive.org](http://www.agealive.org)

MSU AgeAlive is advancing aging-related research, teaching, and community outreach while reducing ageism. Its mission is lifelong wellbeing for all, regardless of age or ability. Goals include life enrichment through intergenerational experiences, engagement in meaningful activities, lifelong learning and connection to community.

[impart@msu.edu](mailto:impart@msu.edu)

[www.impartalliance.org](http://www.impartalliance.org)

IMPART Alliance is dedicated to helping Michigan build its capacity to address a severe shortage of direct care workers (DCWs). Its focus is on developing comprehensive, person-centered training programs and engaging in advocacy on behalf of DCWs, in collaboration with a wide range of stakeholders, to raise wages, professionalize this workforce, and increase the value we place on caregiving. IMPART is deeply involved in coordinating strategic plans for DCW-related policy reforms at the state level.

### 4. ALFA & Forster Woods Adult Day Services

Robert Valasek, Comm. Relations Specialist

[robert@forsterwoods.org](mailto:robert@forsterwoods.org)

4656 Meridian Rd.

Williamston, MI 48895

(517) 349-3101

[www.forsterwoods.org](http://www.forsterwoods.org)

[www.activelivingforall.org](http://www.activelivingforall.org)

Both Forster Woods and Active Living For All provide adult day services to the elderly and older adults with physical or cognitive impairments, and respite for their caregivers.



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## 5. Alzheimer's Association

David Hind, Program Manager

[dvhind@alz.org](mailto:dvhind@alz.org)

248-996-1060

Miranda Rusnica, Care Counselor

[mmrusnica@alz.org](mailto:mmrusnica@alz.org)

25200 Telegraph Road

Southfield, MI 48033

(248) 996-1069

24/7 Help Line: (800) 272-3900

[www.alz.org](http://www.alz.org)

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. The Association is committed to providing all communities with resources and education.

## 6. Carol Monson "Aging Optimally"

[clmonson090@gmail.com](mailto:clmonson090@gmail.com)

Physician, Owner & Author

[www.agingoptimally.org](http://www.agingoptimally.org)

A physician and author helping readers improve their body, mind, and spirit with her recent book, "Aging Optimally: Essential Tools For Healing Pain of Body, Mind, and Spirit."

## 7. National Council of Dementia Minds

Brenda Roberts, Executive Director

[Brenda@DementiaMinds.org](mailto:Brenda@DementiaMinds.org)

P.O. Box 342

Alma, MI 48801

(989) 330-0290

[www.dementiaminds.org](http://www.dementiaminds.org)

The National Council of Dementia Minds is the first national nonprofit organization founded and governed by persons living with dementia.



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National  
Council of  
DEMENTIA MINDS

Insights of Persons Living Well with Neurocognitive Disorders

## 8. Michigan Alzheimer's Disease Center

Stephanie Nava, Education & Events Coordinator

[senava@med.umich.edu](mailto:senava@med.umich.edu)

2101 Commonwealth Blvd, Suite D

Ann Arbor, MI 48105

(734) 615-1755

<https://alzheimers.med.umich.edu/>

Established at Michigan Medicine and based in the Department of Neurology, the Michigan Alzheimer's Disease Center aims to conduct and support research on Alzheimer's disease and related dementias, promote state-of-the-art care and wellness for individuals and families affected by memory loss, increase dementia awareness through collaborative education and outreach efforts, work to address racial and ethnic disparities in Alzheimer's disease and related dementias, and provide training and support to the next generation of clinicians and scientists.

## 9. Miles for Memories

Sherii Sherba, Chair, Leadership Team

[Sherii@milesformemories.org](mailto:Sherii@milesformemories.org)

P.O. Box 2257

Battle Creek, MI 49016

(269) 979-1412

<https://milesformemories.org>

We seek to create solutions for those impacted by dementia through movement, programming, and research. We support caregivers by helping them with solutions for where they are in their journey with their loved ones. That may mean to create greater peace of mind with our safe return program and emergency respite program, solutions through the education and lifestyle programs, including our newest series targeting youth, and offering research updates.

## 10. Tri County Office on Aging

Casey Cooper, Community Engagement & Fundraising Director

[cooperc@tcoa.org](mailto:cooperc@tcoa.org)

5303 S. Cedar St. Bldg. 1

Lansing MI 48911

517-887-1440

[www.tcoa.org](http://www.tcoa.org)

TCOA's mission is to promote and preserve the independence and dignity of older adults. TCOA offers powerful tools for caregivers such as the Savvy Caregiver program.