

# ADVOCATES *for* Senior Issues

YOU'RE INVITED

## VIRTUAL MEETING

**MARCH 18, 2022 10am – 12pm**

**WHO:** The Advocates for Senior Issues Members, Guests, and Sponsors

**WHAT:** An opportunity to be together once again to ADVOCATE, LEARN, and BUILD Community while GROWING together, all from the safety of your home.

**WHEN:** March 18, 2022 10am-12pm

**WHERE:** Please plan to join virtually on your smartphone, tablet, computer, laptop or by calling in on the number provided below.

Join Online by Clicking on this Link:

<https://us06web.zoom.us/j/89967344215>

Call in Option: 312-626-6799

Meeting ID: 899 6734 4215

### Questions?

Please contact AAAWM Advocacy Coordinator,  
Sheri Harris

SheriH@aaawm.org | 616-222-7015



The Source for Seniors

# ADVOCATES for Senior Issues MEMBERSHIP MEETING



## VIRTUAL MEETING

<https://us06web.zoom.us/j/89967344215>

**Friday March 18, 2022 10:00 am**

## AGENDA

### Call to Order and Announcements:

Lody Zwarenstejn, President

### Legislative Presentation

Representative David LaGrand

State Rep. David LaGrand is serving his third term representing the 75th House District, which encompasses a portion of the city of Grand Rapids.

Before his election to the House, LaGrand served on the Grand Rapids City Commission and the Grand Rapids Board of Education. He is a small-business owner and entrepreneur. LaGrand also worked as a lawyer at Warner, Norcross & Judd before serving eight years as a Kent County assistant prosecutor. In 2000, he entered his own private practice.

### Program Presentation

David Crandall

### “Climate Change: Where We Stand and What We Can Do”

Media lead and presentation coordinator for citizens climate lobby, Grand Rapids Chapter

Climate change has become a daunting issue in recent years, but we already have the tools we need to avert its worst effects. Where do we stand and what can we do? This presentation will give an excellent overview!

Tom Appel

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**Beth A. Swagman, PLLC**

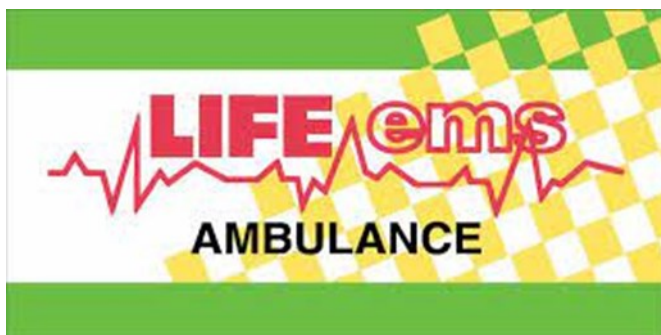
*Elder Law & Estate Planning Services*

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## Friends



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Kent County Prosecutor



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Senior  
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Leslie Sanford

Phil & Judy France

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Shine. Everyday.

Lois Carey



*gauthier family*  
HOME CARE

Tom Appel

Region 9  
MEA – Retired

Joel Jason, CFP®  
Certified Financial Planner



# ANXIETY AND OLDER ADULTS: Easing the Fear of Re-Entry

Family  
Caregiver  
University

helping caregivers one class at a time

**Tuesday, March 22, 2022 | 11:00 am -12:00 pm via Zoom**

Have you noticed an increase in anxiety in the older adults you care about? Family members, friends, and caregivers are finding older adults exhibiting fear and anxiety about re-entering society after a prolonged period of pandemic isolation. Join Stay Well Project Manager Erin Wallace for this free, 1-hour webinar to find out more about this tendency and how you can support these individuals. You will learn:

- How to identify different types of anxiety
- What re-entry anxiety looks like
- How re-entry anxiety is different from agoraphobia
- Real-life approaches to easing the fear of re-entry in supported ways

**Speaker: Erin Wallace, Stay Well Project Manager**

Erin has over 20 years of healthcare experience working in program development, creation, and implementation, as well as providing education for both professionals and familial members. She comes with an immense passion for the disabled and disadvantaged population, coupled with a realistic and hands-on approach to improving care and services to these often-underserved populations. Erin has spent much of her career providing education for direct care staff, coupled with providing education and support for those who manage staff, offering attendees a sense of enthusiasm, inspiration, and realistic tools for implementation into their work. Erin's passion comes with strong leadership, creativity, education, empathy, and advocacy.



## Registration Required!

**Email:** [registration@aaawm.org](mailto:registration@aaawm.org) or **Call:** 616-222-7032

Once you are registered, you will receive the Zoom meeting instructions.

### SPONSORS




# Family Caregivers

Join us for an informational evening featuring  
the documentary:



It's Not a Burden: The Humor and Heartache of Raising Elderly Parents is a documentary that takes the audience on the emotional rollercoaster ride of being a caregiver to a loved one.

Presented by:  ESTD. 2010  
**CEU**  
CREATIONS

Social Hour: 5:00pm  
Showtime: 5:45pm  
Discussion following the film

**MARCH 10, 2022 FROM 5:00PM - 8:00PM**  
**AT THE VILLAGE OF HEATHER HILLS**  
**1055 FOREST HILL AVE SE, GRAND RAPIDS, MI 49546**  
RSVP to Margaret Howard: [MHoward@heatherhills.com](mailto:MHoward@heatherhills.com)  
Seating is Limited

Sponsored by:

