



SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
4955 FOOTHILL BLVD., SUITE 300
OAKLAND, CA 94605-1907

January/February/March 2016

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Happy New Year 2016!

Sandra J. Johnson Simon, Commissioner

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Happy New Year!

Sandra J. Johnson Simon



2016
2016

Advisory Commission on Aging Visits On Lok Health Services

Bernie Nillo, Commissioner



On-Lok helps keep frail and vulnerable elders out of nursing homes. They have comprehensive services, all designed to keep people in their homes. On Lok's mission is to maintain and develop health care models for the well-being and dignity of the elderly and chronically ill through education, advocacy, innovation in services and financing, while advocating for quality and affordable care.

Pictured in photo from left to right are On Lok Staff members and Advisory Commission on Aging (ACA) Commissioners, Avtar K. Dosanjh (spouse to Harvey) Harbhajan (Harvey) Dosanjh, Chair Bernie Nillo, Tighe Boyle, Jose Villafior, Thomas Buckley, Natasha Kharbanda, Ashok Desai, Donna Ireland, Dana Bailey, and Elena Nicklasson. (ACA) Commissioners learned during their

visit that On Lok Inc. is a not-for-profit organization founded in the early 1970's by a group of citizens concerned about the plight of elders and the lack of long term care options in the community. Now, several decades later, On Lok Inc. serves seniors in the community through a comprehensive health plan and community based services.

Scam Alert Notice from Alameda County Superior Court

Bernie Nillo, Commissioner

Scam Alert Notice from the Superior Court of Alameda County

This notice is to inform residents of Alameda County of a jury duty scam that has been reported nationwide and to provide guidance as to how to proceed if you think you are being targeted by this scam.

The Scam:

Citizens are being contacted via phone by a man that identifies himself as a Lieutenant or Sergeant with the Sheriff's Office, Police Department, or Constable's Office. The caller informs the citizen that they failed to report for jury duty and that a fine has been assessed against them. The fine usually ranges from \$2,000 to \$4,000. The caller also advises the citizen there is a warrant for their arrest and that they must report to court; the caller usually tells the citizen to report to a judge at a specific court location.

What you should know:

The Jury Services unit of the Superior Court of Alameda County does not contact citizens by phone regarding the payment of fines for failing to appear for jury service. Rather, the Court typically sends a Failure to Appear notice before taking any action. If a warrant is issued for your arrest as a result of your failure to appear for jury duty, there is no warning phone call. Further, California law does not permit citizens to pay a fine in lieu of jury service; a fine may be assessed, but the citizen would still be required to reschedule jury service for a later date.

The citizen is also instructed to go to a local cash advance, convenience, or grocery store to obtain a form of money card - which is a pre-paid reloadable debit card. The scam artists are using disposable cell phones, so they have no problem giving the citizen a phone number to call them back.

Once the citizen gets the money card, they are instructed to give the money card information over the phone, which the caller claims will satisfy the fine and result in the warrant being dismissed. This allows the scam artist to get the money without the need for any actual face-to-face contact. The scam artists sound very convincing over the phone, and have been known to threaten the citizen with jail and fines in order to get them to comply.

What you should do if you feel you are being targeted for this scam:

Write down the phone number the person is calling from. Do not give the caller any personal information about yourself. Notify your local police department of the scam.



Another New Year's Resolution????!!

Mary Louise Zernicke, MS MPH RD CSG

In 2015, the #1 New Year's resolution was to lose weight, and staying fit and healthy was not far behind. Even if you are part of the 38% of Americans who absolutely never make New Year's resolutions, being healthy and eating well is likely one of your ongoing priorities. Here are some suggestions for helping you or the older adults in your life stay healthy throughout the year!

Take a Vitamin D Supplement

Older adults need at least 800 IU's daily. Vitamin D is added to milk, some yogurts, and some orange juices. Large, cold-water fishes also contain Vitamin D. But it is virtually impossible to meet your Vitamin D needs from food.

You need to add supplements to your diet or get in the sun regularly.

You CAN get too much Vitamin D from supplements, but not from the sun. Pay attention to the following when choosing a supplement:

Do not take over 2000 IUs daily of Vitamin D. Check other supplements you take, especially calcium, to see if any contain Vitamin D.

Look for the USP symbol on the label.

Purchase all supplements only from a company that you trust.

Look on the label for Vitamin D-3, or cholecalciferol.

Take your Vitamin D with food containing at least some fat to improve absorption.



Take a Vitamin B-12 Supplement

About 1/3 of older adults have changes in their digestive tract as they age that causes the Vitamin B-12 from the foods they eat to not be absorbed. Because of this, it is recommended that ALL older adults take a Vitamin B-12 supplement.

There is no maximum so buy from a trusted vendor (see above) but don't worry about taking too much B-12.

Vitamin B-12 is critical for proper nerve function, and works in partnership with other vitamins to ensure your DNA is appropriately replicating. Symptoms of deficiency can include depression and neurological changes that may appear as dementia. Whoops, the solution to your mental confusion might be as simple as taking a Vitamin B-12 supplement!

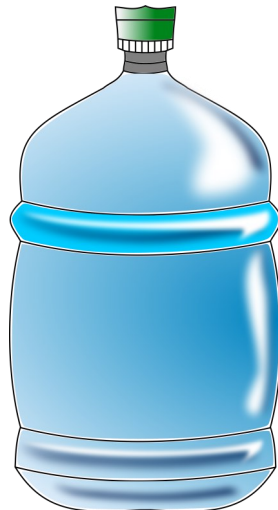
Another New Year's Resolution????!!

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Do a Strength Training Exercise

Strength training has been dubbed “the fountain of youth.” It works to increase strength and endurance. Among the benefits of strength training are improved muscle tone, increased bone density, improved mental function and decreased stress. You typically use stretch bands or weights, but soup cans also work just fine! It is fun and easy, and most senior centers have classes. If not, there are classes on television daily, and you can do these exercises on your own. Call 800-222-2225 for a great FREE book, Exercise and Physical Activity for Older Adults.

The best news about strength training? **It is recommended that you do strength training exercises only twice weekly.** As Nike would say, “just do it”!



Walk

If you want to feel and look better, walk most days for about 20-30 minutes. Enough said!

Drink Plenty of Water

The sense of thirst is reduced for older adults, just at a time in life when adequate hydration is so important. Dehydration can cause dizziness and mental foginess, and can lead to falling. It can also interfere with the absorption of many medications.

Most people think they should be drinking 6-8 glasses of water daily but there is scant evidence to document exact needs. A better way to gauge your needs is to monitor your urine output. You should be urinating at least 6 times in 24 hours, and if your urine has a strong smell or is very yellow you need to drink more fluids.

Death with Dignity Act

Bernie Nillo, Commissioner

State legislators around the country look to the Oregon Death with Dignity Act as a guide for good reason. Oregon's law has been in effect since 1997, and the years of data show the law is safe and utilized the way it's intended with no evidence of a slippery slope for vulnerable Oregonians.

State Senators Bill Monning (D-Carmel) and Lois Wolk (D-Davis) introduced their bill (SB128) on January 21. Later in the year, the bill sponsors pulled it from the Assembly Committee on Health due to insufficient support and continued working on the bill. After the summer recess, Assembly Members Susan Talamantes Eggman, Mark Stone, and several others introduced a new bill, which is an amended version of SB 128, in an extraordinary legislative session dedicated to healthcare. Both the Assembly and the Senate approved the bill, on a 42 to 33 and 23 to 14 vote, respectively.

Governor Brown signed the bill on October 5.

"In the end, I was left to reflect on what I would want in the face of my own death," Brown wrote in a signing message. "I do not know what I would do if I were dying in prolonged and excruciating pain. I am certain, however, that it would be a comfort to be able to consider the options afforded by this bill. And I wouldn't deny that right to others."

The bill "is not an ordinary bill because it deals with life and death," Brown wrote. "The crux of the matter is whether the state of California should continue to make it a crime for a dying person to end his life, no matter how great his pain or suffering."

The California law will permit physicians to provide lethal prescriptions to mentally competent adults who have been diagnosed with a terminal illness and face the expectation that they will die within six months

The law will take effect 90 days after the Legislature adjourns its special session on healthcare, which may not be until next year — January at the latest, November at the earliest.



The Governor's action caps months of emotional and contentious debate over the End of Life Option Act, which divided physicians, ethicists, religious leaders and the Democratic Party.

Dignity



Fast Facts on Funding

Medicare and Medicaid are entitlements. That means that eligible individuals have a legal right to receive covered services.

Older Americans ACT (OAA) programs are NOT entitlements. Medicare, other insurance providers, and Medicaid cannot require nor direct that an individual must be given services funded by the OAA.

If there are other sources available to cover needed services (such as Medicare or other insurance, or Medicaid), Area Agencies on Aging (AAAs) and other direct service providers should use those sources before using discretionary OAA funds. Because OAA funded services are not entitlements, good stewardship of OAA funds means that these limited funds are targeted to older adults in the greatest need of services. When targeting funds, AAAs can consider

whether there are other available funding sources. Such consideration is not means-testing, which is prohibited under the OAA. Rather, it is a prudent way of using all available funding sources to help older adults.

The OAA does not include a legal requirement (entitlement) to finance services for any individual. Eligible individuals aged 60 and over may receive services under Title III where resources are available and targeted to them, but this availability and targeting varies from state to state and locale to locale within a state.

Even though the OAA should be the funding source that is used after all entitlement sources are used, we do not use the term “payer of last resort” when referring to the OAA. Because OAA programs are not legally liable to provide or pay for services, State Medicaid agencies cannot require that such

programs provide or pay for services. There is nothing that prohibits an individual who is eligible for (entitled to) Medicaid services to be receiving those services and also Title III services; however, the State Medicaid agency cannot require that Title III programs fund (and provide) services that can be funded by Medicaid. For Medicare and other insurance that older adults may have, the same reasoning applies. **June 18, 2015**

Senior Information

Dates to Remember:

Martin Luther King Jr. Holiday (Day of Service) January 18, 2016

Tax Filing Period
January 20 -April 18, 2016

Black History Month
February 2016

Lincoln’s Birthday
February 12, 2016

President’s Day
February 15, 2015

Caesar Chavez Day
March 31, 2016

Call Information and Assistance at (800) 510-2020 or (510) 577-3530



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