



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

July/August/September 2017

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

What are the Benefits of Exercise for Older Adults Bernie Nillo, Commissioner

Inside this issue:

- What are the Benefits of Exercise for Older Adults 1
- Tips & Other Information for Seniors to Stay Safe 2-3
- Confused about Calcium Supplements 4
- Visit to the Mastick Senior Center in Alameda 5
- Everyday is Internet Security Day 6
- Healthy Living Festival 7
- New Alzheimer's Resources for California Clinicians 8

Starting or maintaining a regular exercise routine can be a challenge at any age—and it doesn't get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin, or perhaps you think you're too old or frail, or can never live up to the standards you set when you were younger. Or maybe you just think that exercise is boring. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. And reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how you age.

Physical Health Benefits

Helps you maintain or lose weight. As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.

Reduces the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

Enhances mobility, flexibility, and balance. Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.



Tips & Other Information for Seniors to Stay Safe

Cheryl Poncini, Deputy District Attorney– Elder Protection Unit, Alameda County District Attorney's Office

Have you ever worried about a relative, friend, neighbor, acquaintance or a stranger who is, or appears to be, 65 years of age or older?

Were you concerned that the senior wasn't eating properly, was lonely, being mistreated or taken advantage of financially? As a senior, have you worried that you could be targeted as a victim?

Your concerns are not misplaced because, as the number of people who reach age 65 (and who, therefore, are deemed "elders", "seniors", or "older adults" under California law) continues to grow, so too can the opportunity for seniors to become victims of abuse or neglect.

It does indeed take a community to keep older adults, who are potentially vulnerable, safe and secure. Regardless of one's level of education, socioeconomic status, or employment history, anyone can be the victim of abuse. Similarly, anyone - whether a family mem-

ber, friend, neighbor, trusted advisor or stranger -- can commit abuse.

This article will cover some of the signs and symptoms of physical, sexual or financial abuse and/or neglect, tips to help older adults stay safer, and some of the resources that are available.

Red Flags

The red flags of physical or sexual abuse or neglect can include the following: bruising, cuts, not being toileted on a regular basis, not bathing or being bathed on a regular basis, skin breakdown and/or bed sores, wearing soiled clothing, not eating properly, missing dentures, eyeglasses or hearing aids, not receiving/taking medications as directed by the elder's physician, and/or personality changes including fear and anxiety.

Similarly, the red flags of financial abuse can be many and varied. Some of these can include unexplained charges appearing on the elder's

credit card statements; the elder not understanding financial transactions; items of value disappearing from the elder's home or possession; bills not being paid in a timely manner despite elder having funds to pay the bills; and name changes being made on bank accounts, estate documents, title documents to home or other property and which changes the elder did not freely and knowingly authorize.

A Few Tips

We urge elders to think with your head, not your heart. Be aware of who and what is around you. Do not provide personal identifying information (such as your Social Security number, bank account numbers, passwords, and PIN numbers) to anyone who contacts you asking for it.

Government agencies do not ask for such information and your financial institution already has this information. Therefore, a person who contacts you and requests this type of information may likely be someone involved in a



Tips & Other Information for Seniors– Continued

scam. It is important never to assume that everyone has your best interests at heart.

When using e-mail, do not open e-mails or attachments from sources you do not recognize. When discarding hardcopies of sensitive documents, use a cross-cut shredder to shred the documents.

Resources

In Alameda County, there are resources available to assist an older or dependent adult, (or a person concerned about an older or dependent adult) to stay safer. Anytime there is concern about an elder or a dependent adult being mistreated and/or taken advantage of, contact the local law enforcement agency and/or Alameda County Adult Protective Services (APS).

Local law enforcement agencies can also do welfare checks to make sure the elder is safe and can take reports and initiate investigations regarding suspected crimes. Additionally, law enforcement is mandated by law to file a cross-report with APS if a crime is suspected. In situations where APS concludes that crime is involved, that

agency is required to file a cross-report with local law enforcement. The goal is that no reported situation be overlooked.

The Alameda County District Attorney's Office has a Victim-Witness Division which can refer elders and those who are concerned about elders to resources in the community (such as food banks, Meals on Wheels, etc.) and can assist with reporting a suspected crime. APS can also assess if the elder needs additional or different services to help the elder stay as independent and safe as possible.

The DA's Office Elder Protection Unit prosecutes felony abuse and neglect cases in which an elder or dependent adult is a victim. The unit also provides outreach programs in the community to raise public awareness about elder and dependent adult abuse and neglect.

Additional Resources

To learn more about senior and independent adult safety, seniors, dependent adults, and others who help seniors/dependent adults are encouraged to attend local resource

fairs for information. Such fairs are often hosted by faith-based organizations or senior centers. In addition, various outreach presentations about senior and dependent adult safety are presented at a variety of locations throughout Alameda County including senior centers and public libraries. To arrange for a no-cost presentation concerning elder or dependent adult safety from the DA's Office, please do not hesitate to contact me at cheryl.poncini@acgov.org.

Gaps in Service?

Recently, the Alameda County District Attorney's office was awarded a grant to form a multidisciplinary team with agencies throughout Alameda County. One of the major tasks for the team is to evaluate services in Alameda County for seniors and dependent adults, identify gaps in service and propose solutions to fill those gaps. If you have experienced what you believe is a gap in service for seniors and/or dependent adults, please contact me. I welcome your feedback.

Remember: To end abuse, report the abuse. Abuse of any kind is seldom self-correcting.

Confused about Calcium Supplements?

Mary Louise Zernicke, Area Agency on Aging Senior Nutritionist

About 1/3 of older adults are currently taking a calcium supplement. Before you get on the supplement bandwagon, do an evaluation of your actual calcium intake from food.

While dairy products, including milk but also yogurt and cheese, are excellent sources of calcium there are many non-dairy sources as well. Do you eat dark leafy greens? Fortified cereals? Fortified juices? Almonds? Corn tortillas? Or fish with bones?

You can do a more thorough evaluation by going online to the USDA website; just enter into google Super Tracker Choose MyPlate and it will take you right to the site so you can evaluate your calcium (and other nutrients) intake.

If your intake from all calcium sources is low, consider taking a supplement. But selecting the right supplement can be tricky. The following guidelines may help.

Don't select a supplement with more than 500 mg of elemental calcium. Additional calcium will not get absorbed. And don't take more than 1000 mg of elemental calcium via supplements daily.

Make sure you purchase your supplements from a trusted vendor. **Look for USP, CL or NSF** on the label. These indicate voluntary industry standards for safety and tablet disintegration.

Want to check to see if your supplement will get absorbed? Put your pill into warm vinegar and see how long it takes to dissolve. It should take less than 30 minutes to fully dissolve.

Calcium carbonate is the cheapest but is the most likely to cause constipation and other GI symptoms. Read the label and consider taking calcium carbonate or calcium lactate.

Are you taking a multivitamin? If so, you may be getting enough supplemental calcium, especially if you are also eating foods fortified with calcium, like orange juice and ready-to-eat cereals.

You can take too much calcium. Too much calcium does not provide extra protection against bone loss and has risks, including higher rates of kidney stones, and potential higher risk of heart disease.

If you have low bone mass (osteopenia), taking Vitamin D supplements are probably important as the calcium will not get absorbed in your body without adequate Vitamin D. And, **strength training (increasing muscle) has been shown to better increase bone than** taking either supplement!



Commissioners visit Mastick Senior Center in the City of Alameda— Paul Hauser, Commissioner

On Thursday May 11, 2017, Commissioners Donna Ireland, Shelly Zak, Bernie Nillo-Chair, Paul Hauser and Adult and Aging staffer Jose Villaflor were lead on a tour of the Mastick Senior Center in Alameda, California by Jackie Krause, Alameda Recreation and Parks Recreation Manager.

The Mastick Center, a former elementary school, opened its doors on July 1, 1980, and currently serves more than 3,600 members from Alameda and surrounding communities. Membership is free to those of age 50 and older.

210 dedicated volunteers keep the Center bustling six days a week with quality services including transportation services, housing supportive services, in

home support services, food programs, safety services, utility assistance, health and screening programs, legal, notary and mediation services. In addition, the Center offers over 100 weekly classes in education (art, movies, current events, language, technology) recreation (dance, fitness, pilates, tai chi, yoga) and social interaction (cards, games, puzzles and special events). The Center also partners and collaborates with 12 county and local agencies.

The Mastick Senior Center Advisory Board manages a highly successful Thrift Shop on site and a Saturday Bingo event that has raised over 1.3 million dollars for capital Improvements since its

inception. During 2016 the board issued 183 program scholarships to those in need.

Funding is as follows: the Alameda City General Fund contributes 73% of the Center's annual budget, the Mastick Senior Center Advisory Board 23% and the Alameda County Area Agency on Aging 4%.



Every Day is Internet Security Day

Sarah Kim-Lee, Social Security Regional Public Affairs Specialist

Being safe online is important every day. There may be days devoted to internet security awareness, but you need to be careful every time you go online.

Do you know what it takes to be safe online? You probably connect daily to get information, shop, socialize, or work. Every time you go online, you need to avoid the risk of theft or fraud. Here are some tips to use while visiting the Social Security website and the other websites you use.

Use Strong Passwords--Strong passwords have at least eight characters and include capital letters, numbers, and non-letter characters. These passwords make it harder for someone to hack your account.

Don't Recycle Passwords--Although it requires effort to think of new passwords constantly, it provides safety when you do. What if you use the same password for every site and you lose your password? If someone finds it, they could get access to all your accounts. Many people choose to reuse — don't be one of them.

Take Advantage of Multifactor Authentication--Many websites offer the option to use a second factor—or method—in addition to just a username and password

to ensure that only you access your information. Using more than one factor to establish identity makes it harder for someone to get into your account and steal your personal information. Beginning June 10, 2017, Social Security requires multifactor authentication to access a *my Social Security* account. Customers choose whether to receive a one-time security code to either their phone or email in order to create a new account or sign into their account. Visit this link to find out more about how to secure your personal *my Social Security* account:

www.socialsecurity.gov/myaccount/verifyandprotectid.html.

Consider using multifactor authentication whenever it's offered to protect your information.

Read Scam Alerts--For information about fraudulent activities related to Social Security, you can find information at our blog *Social Security Matters* under the Newsroom section at

blog.socialsecurity.gov. One way to avoid identity theft is to create your own

my Social Security account, if you haven't already. When you have an account, no one else can set up an account using your information. Social Security's Office of the Inspector General investigates fraud involving Social Security and they publish Fraud Advisories at oig.ssa.gov/newsroom/news-release. The Federal Trade Commission website publishes information about scams that appear in the news at www.consumer.ftc.gov/scam-alerts. You'll want to be aware of current scams to avoid being tricked.

Review Your Online Accounts and Credit Reports--Just as you review your earnings record with Social Security for accuracy at <http://www.socialsecurity.gov/myaccount>, you should review your bank and credit card accounts for accuracy. Get a free copy of your credit report available annually from the three credit reporting agencies (Experian, Equifax, and Transunion) at www.annualcreditreport.com/ and check it for incorrect entries.

Guarding your personal information requires investing some time, but is worth it. Discourage theft and fraud by adopting these security practices when you use the internet.



Save the Date
14th Annual
Healthy Living Festival
at the Oakland Zoo

"Promoting Health and Wellness for Sixty+ Adults"

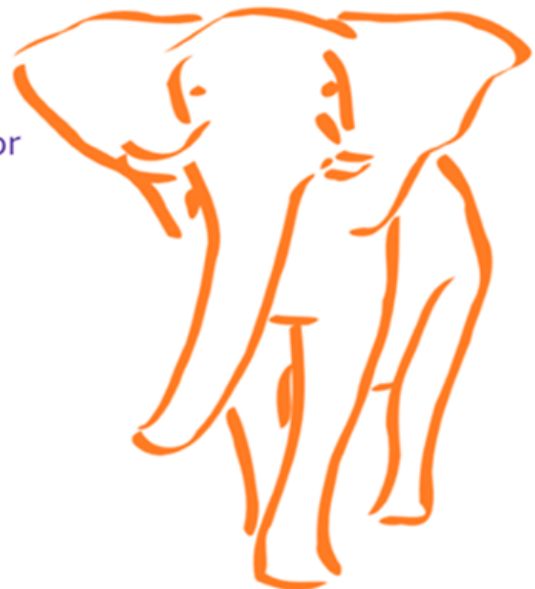
Thursday, September 21, 2017
8:00 a.m. to 2:00 p.m.

Fun, Friends, Health Screenings/Resources,
Great Music, Physical Activity, Lunch, Medication Take Back,
The Zoo & More!

****This event involves a lot of walking and encourages participants to be physically active. If you have a medical condition and/or have mobility challenges, please consult your doctor and/or bring an attendant to assist you.****

**Join us as we take collective action to demand greater access to
Affordable Housing and Health Care for seniors.
Together, we can make positive change!**

Contact United Seniors
for more information at (510) 729-0852 or
email Mary at Mary@usoac.org
or visit www.usoac.org



Senior Update
Area Agency On Aging
Advisory Commission on Aging
6955 Foothill Blvd, Suite 300
Oakland, CA 94605-1907

Phone: 1-800-510-2020

Fax: 510-577-1962

Senior Information

PRSRT STD
U.S. POSTAGE
PAID
SAN LEANDRO, CA
PERMIT NO. 45

We're On The Web!

http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa.cfm

Senior Update Editorial Board: (Chair), Paul Hauser, (Vice Chair) Bernie Nillo, Donna Ireland, Shelley Zak, Sarah Kim-Lee, Delbert Walker, Jose Villaflor

Dates to Remember:

Independence Day Holiday– July 4, 2017

Labor Day Holiday– September 4, 2017

Labor Day Holiday– California Admission Day– September 9, 2017

Healthy Living Festival– September 21, 2017

Falls Prevention Awareness Week– September 18-22, 2017

Fall Equinox– September 22, 2017

Upcoming ACA Meetings

ACA Meeting– August 14, 2017

ACA Meeting–September 11 2017

New Alzheimer's Resources for California Clinicians

Stigma still prevents patients from seeking and getting an accurate diagnosis, resulting in poor health outcomes, reduced quality of life and higher costs. Evidence suggests that care planning and care coordination are effective interventions in managing Alzheimer's disease. Yet until now, lack of guidelines and lack of Medicare funding has prevented many patients from being diagnosed and provided with a clinical treatment plan. These new resources will help providers better care for Alzheimer's patients:

The California Department of Public Health released its [2017 Alzheimer's Clinical Care Guideline](#), which was developed by an interdisciplinary workgroup representing academia, research, specialty medicine, primary care and social work. The workgroup made key recommendations in four areas: assessment, care planning, education & support, and legal considerations. All recommendations were based on recent scientific literature, evidence-based research and best practices in Alzheimer's disease management.

On January 1, 2017, the Centers for Medicare & Medicaid Services approved new Medicare funding ([Medicare billing code GO505](#)) which will allow physicians, physician assistants, nurse practitioners and clinical nurse specialists to bill for a variety of care planning services essential to quality dementia management.

Susan DeMarois, State Policy Director

Alzheimer's Association - California State Policy Office

Phone: 916-447-2731