



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

April/May/June 2017

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Older Americans Month - May 2017

Bernie Nillo, Commissioner

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Every May, older adults are in the spotlight. It's about a month set aside to celebrate older Americans for their contributions to the nation. The Older Americans Act (OAA) was first enacted in 1965 as a result of growing concerns over the lack of community and social systems and services in place to support older Americans. Today, the OAA is the major vehicle for the organization and delivery of social and nutrition services to older adults and their caregivers. The OAA is comprised of a multifaceted national network that provides countless services to older adults including home-delivered and congregate meals, caregiver support, preventive health services, transportation, job training, and elder abuse prevention, to name a few.

Older adults are becoming more active than ever. Help to encourage this activity by inviting an older loved one to join as a guest at your gym or find a local fitness class like public zumba or yoga in the park. Direct your older friends to www.Go4Life.nia.nih.gov, the National Institute on Aging's online resource for staying active, or find a local Physical Activity program.

Here are five ways that anyone, at any age, can celebrate Older Americans Month and the Older Americans Act.

1. **Get active and exercise with your older relatives and community residents.** ACL.gov reported that "80 percent of older adults have at least one chronic health condition," and that staying active is one of the best ways to prevent decline, both physically and cognitively.
2. **Help feed the older people in your community.** There are home delivery programs that welcome volunteers to provide warm food, and also warm, friendly personal interactions.
3. **Volunteer at a local hospital.** Volunteers are trained to keep older people engaged and mobile in order to reduce the dangerous state of confusion known as delirium that leads to falls and longer hospital stays. (Continued on pg. 3)

Commissioners Alzheimer's Services of the East Bay

Paul Hauser, Commissioner

Alzheimer's Services of the East Bay (ASEB) provides services to individuals with Alzheimer's disease and other related dementia, gives support to their caregivers and educates and informs the general community about issues related to dementia care.



On February 7, 2017 ACA Commissioners Sarah Kim-Lee, Diane Lewis, and Paul Hauser joined AAA Program Liaison-Jose Villaflor on a tour of ASEB's Berkeley facility lead by CEO and Executive Director, Micheal Pope and Program Director Carla McManus.



We learned that ASEB's purpose is to maintain a family's structure and strength by providing Adult Day Care Centers. ASEB is the only dementia-specific Adult Day Care Health Care Center in Alameda County.

Their day care programs feature: an on-site nurse, physical and occupational therapist, licensed social worker, registered dietitian, transportation to and from their programs, nutritious breakfast, lunch and afternoon snack, and person-centered care that places value on the individual. ASEB is a Community Based Adult Services (CBAS) certified Adult Day Health Care facility. The organization also provides an 8-week early stage program for individuals who have recently received a diagnosis of



dementia.

Our tour took us by a wall decorated with beautiful art-work created by the men and women enrolled here. On another wall we read a letter that said, "Day care has made all the difference. It gives me time to do all my business while mom is here. She loves ASEB and we love her being there." We all came away from the tour grateful to have such a remarkable organization in Alameda County

ASEB facilities are currently located at 2320 Channing Way in Berkeley, 1105 Walpert Street in Hayward and 43326 Mission Circle, Fremont. To learn more about their services contact the ASEB Berkeley Administrative Center at (510) 644-8292 or online at www.aseb.org.



Four Seasons Health Expo – May 12, 2017

Come out and enjoy a fun-filled day of health, entertainment, learning and resource information at this year's Four Seasons of Health Expo! The Tri-City Elder Coalition and City of Fremont Annual Health and Wellness Expo will occur on Friday, May 12, 2017 at Central Park and Fremont Senior Center, 40086 Paseo Padre Parkway in Fremont from 9:00 am to 1:00 pm. There is no need to register as it is open for everyone. The Expo's participation in the World Health Organization's Age Friendly initiative means the Expo will emphasize services related to Health & Wellness, Outdoor Spaces, Transportation, Social Participation and Inclusion, Volunteering & Civic Engagement, Community Information, Employment & Learning Opportunities, Housing, and Dementia Specific Support. More information on this initiative will be forthcoming.

At least 80 Exhibitors from public and nonprofit organizations plus private businesses serving older adults and veterans will be on hand to answer questions on a variety of topics including housing, health care, retirement planning, Social Security, Medicare/Medi-Cal. Multiple health and dental screenings will be available. Entertainment and opportunities to be active will take place throughout the event.

Multiple transportation agencies will also be on hand at "Transportation Cove" to answer questions regarding transportation services and how to access them. An AC Transit bus will be parked nearby so you can board and check out the system. If you are 65 years of age or older, bring proof of age documentation and sign up for a Senior Clipper Card.

So mark May 12th from 9:00AM – 1:00PM on your calendar. Additional information can be addressed to Linette Young at FourSeasonsExpo@comcast.net.

Older Americans Month– continued from page 1

Bernie Nillo, Commissioner

4. Show appreciation for your elders, especially older veterans. Participate in your local Memorial Day events and show gratitude for the past service to the country given by the more than 12 million veterans over the age of 65.



AGE OUT LOUD: MAY 2017

5. Help an older adult, by helping their family caregiver. You can help through simple offers of assistance – offer to do their shopping or cook them a meal. Give them a break from their care by staying with their older loved one. Lend them an ear or a shoulder; they will appreciate you and be better prepared to care for their older relative or friend.

Special Nutrient Needs of Older Adults

Mary Louise Zernicke, Area Agency on Aging Senior Nutritionist

Is there a special diet for seniors?



Older adults are a very heterogeneous group, even though they share the same age category. Does a 60 year old have the same nutritional needs as a 90 year old? Not likely. Seniors differ in terms of physical function, behavior, cognition, and emotional status, all of which may affect health. That is why it is important to focus on a person's physiological profile as opposed to their chronological age.

Our knowledge about the effects of nutrition on the physiology of aging is limited. The aging process is not uniform between individuals.

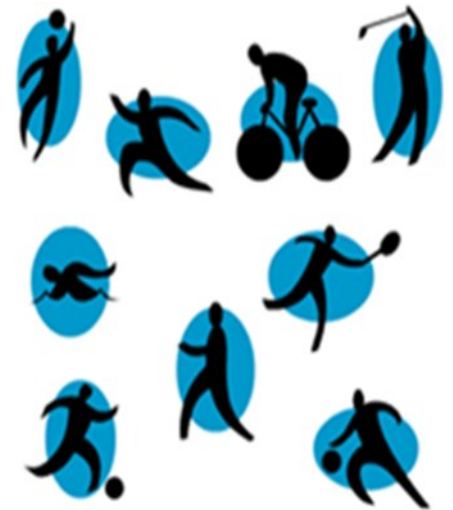
We do know that certain nutrients appear to help maintain cognition, others

support bone health, and still others protect joints. Good nutrition plus regular physical activity may retard the onset and development of several degenerative diseases, including heart disease, diabetes, hypertension, and osteoporosis.

While eating well over a lifetime can enhance the quality and length of life, diet improvements at any age can quickly improve immune function, hasten healing, and prevent electrolyte imbalance and dehydration. Most importantly, a tasty and nutritious diet makes people feel better!

Illness, medications, and lack of physical mobility can alter nutritional needs. Good choices are foods which pack a lot of vitamins, minerals, and other nutrients with the least number of Calories, commonly known as "nutrient dense" foods.

Non-fat (or 1%) milk, broccoli, and baked fish are all examples of nutrient dense foods. Nuts and avocado, for example, are certainly nutritious, but they don't meet the criteria of being "nutrient dense".



What about supplements?

While the research is conflicting about the benefits of supplements, a daily multi-vitamin/mineral supplement intended for seniors from a reputable vendor can provide "insurance" for those who may want to improve immune function or must limit their food choices for any reason.

9th Annual African American Caregiving & Wellness Forum

The 9th Annual African American Caregiving & Wellness Forum

alzheimer's association®

IN PARTNERSHIP WITH: UC Davis Alzheimer's Disease Center, Alameda County Supervisor Keith Carson, Alameda County Area Agency on Aging, Center for Elders' Independence

Date/Time/Location:

Saturday, April 29th 2017
8:30 am – 3 pm

Program begins at 9:30 am

Ed Roberts Campus
3075 Adeline St
Berkeley, CA 94703

*This is a **FREE** event and open to the public. A free health screening will be offered, and a complimentary lunch will be provided.*

Register/Info:

Visit <http://bit.ly/2017aacwf> to register online. To register by phone/email or for more information, please call Craig A. Wingate: 408.372.9933/
cwingate@alz.org



Learn about the latest approaches to caring for someone with Alzheimer's disease or another form of dementia.

Topics of Discussion:

Keynote Presentation: Self-Care While Caring for Someone with Dementia by Rochelle Woods M.D.

Other Topics:

- > Understanding and Responding to Dementia-Related Behaviors
- > Ask the Expert Panel
- > Home-based Activities to Stay Connected to Loved Ones With Dementia
- > Managing Grief and Loss While Caregiving

Moderated by
Belva Davis,
award-winning journalist



Alameda County First Responders will now ask your Risk of Falling- Carol Powers, Senior Injury Prevention, Alameda County Emergency Medical Services

If you call 911 in Alameda County, don't be surprised if the Emergency Medical Technician (EMT) asks you about your history and feelings about falling. Starting in 2017, the Alameda County Emergency Medical Services (EMS) Senior Injury Prevention Partnership (SIPP) launched a proactive assessment and referral system called STEADI (Stop Elderly Accidents, Death and Injuries). Now, all Emergency Medical Services field personnel working in the 911 system will have the option to perform a STEADI assessment on anyone who has

fallen or who appears to exhibit fall risk factors. STEADI was developed by the Center for Disease Control and Prevention and consists of these three simple questions:

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

Answering "yes" to any of these questions points to your having an increased risk of falling. It's not enough to be helped by first responders, whether a trip to a hospital is necessary or not.

With STEADI, an EMT is able to offer you a referral to a local agency that could help you with a fall prevention exercise class, an evaluation of your medications, home modifications, or other senior support services: whatever it takes to keep you on your feet, independent, and enjoying life.

In time, STEADI will not only give us a better picture of where fall prevention resources need to go but will hopefully decrease calls to 911. Wouldn't that be something?

Receiving Housing Benefits? A Trip to Social Security may not be Necessary

Sarah Kim-Lee, Commissioner

Social Security is constantly evolving to make your life easier. If you are currently receiving benefits from the U.S. Department of Housing and Urban Development (HUD), and are reapplying for benefits, or are assisting someone with their application, a trip to the Social Security office is probably not necessary even if verification of Social Security benefits is needed.

Because of a data exchange established between Social Security and HUD, most people do not need to contact Social Security for a benefit verification letter. HUD administrators processing a Recertification Application for Housing Assistance can use their Enterprise Income Verification (EIV) System to verify Social Security and Supplemental Security Income benefits.

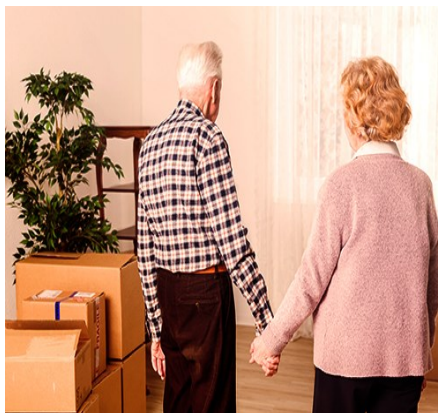
Public housing agencies, private owners, and management agents administering HUD rental assistance programs may get registration information about EIV by logging onto the following websites: go.usa.gov/x97mH or go.usa.gov/x97m6

If you are a new applicant for housing assistance, you can



provide your HUD administrator with your Social Security award letter, Cost of Living Adjustment (COLA) notice, SSA-1099, or other SSA benefit document you should have received at the beginning of the calendar year or when you began receiving benefits, whichever is later.

We created these data exchange agreements to help you get the support you need at the first point of contact, even if that's not with Social Security. If you do need to provide proof of Social Security benefits yourself, we have another way to save you a trip to Social Security. You can get an instant benefit verification letter with a personal my Social Security account at www.socialsecurity.gov/myaccount.



Spotlight on Commissioner Diane Lewis

I was born, and raised in Berkeley, and moved to Oakland as a teen. I earned a B.A in Communication Studies and a M.P.A in Public Administration. In 1988, I began my career in health care and I am still going strong today!

For almost 30 years, I have gained experience and expertise in Medicare/Medi-Cal, created incredible partnerships all while supporting older adults from culturally diverse communities and the disabled. I am connected to hundreds of physicians, non-profits, public/charter schools and as a consultant to the business community.

Moving away from the Bay Area, living in Southern California and then moving on to Chicago, for 7 years...I stayed rooted in my passion, Community Outreach. Connecting the dots to resources for low-income, LGBTQ and homeless communities and advocating on their behalf is more important now than ever.

Returning to Oakland in 2014, I learned about the Advisory Commission on Aging and set a goal to get involved. In July 2015, I officially took my seat as Commissioner. I have learned a lot and met so many wonderful people and organizations. After serving 6 months, I volunteered to Chair the Health and Safety committee. We are excited about the work on this committee, so please stay tuned for information about our, "Whistle Project."

With memberships in Soroptimist International – Oakland, Founder Club and East Bay Stonewall Democratic Club, I also serve on the Board of Directors for PFLAG Oakland East Bay Chapter and Allen Temple Health & Social Services.

Alameda County is a wonderful place to live and we must all do our part as residents to support and uplift our neighbors. In my spare time, I enjoy hiking, wine and music festivals, and Warriors basketball.

Commissioner, Diane Lewis





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Senior Information

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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:

Last Day to File Taxes– April 18, 2017

Senior Resource Fair, Senior Community Center, San Leandro– April 21, 2017

Mother's Day– May 14, 2017

Memorial Day Holiday– May 30, 2016

Father's Day– June 18, 2017

Upcoming ACA Meetings

ACA Meeting– April 10, 2017

ACA Meeting– May 9, 2017

ACA Meeting– June 12, 2017