



Commission on Aging

SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
4955 FOOTHILL BLVD., SUITE 300
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April/May/June 2018

Senior Update

...The Eyes and Ears of Alameda County Seniors

Older Americans Month, May 2018

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Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

Led by the Administration for Community Living's Administration on Aging, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. For 55 years, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.



Spotlight on Advisory Commission on Aging Commissioner Sue Taylor

Sue Taylor is the Executive Director Of iCANN Berkeley, a highly-anticipated new cannabis dispensary under construction in Berkeley that will be focused on serving the needs of older adults.

Sue is a messenger for her generation. Her mission is to introduce older adults to legal medicinal cannabis and teach them how it can improve the quality of their life. She believes elders are wisdom keepers and overmedicated older adults are being robbed of their potential to share knowledge and continue learning.

In 2010 as the Older Adult Outreach Specialist at Oakland's Harborside Health Center, Sue developed a program designed to help elders access medicinal cannabis and understand their treatment options. She was also a developer of California's Medical Marijuana program and how it relates to Adult Residential Facilities. Sue is certified by the State of California to teach medical professionals in California and after taking Sue's Cannabis Education Class receive

continuing education units (CEU's).

Sue was appointed to the Alameda County Advisory Commission on Aging and holds a Master of Education and a Bachelor of Arts, Social Science from San Francisco State University. Recent Community Engagement:

- United Seniors of Oakland and Alameda County - Medical Cannabis Advocate; Holistic Services
- Senior Outreach Ambassador with Mayor Jean Quan City of Oakland
- Commission on Aging - City of Berkeley
- South Berkeley Senior Center Advisory Board





Save The Dates!



**We need you to make Fremont
an Age-Friendly community!**

FOCUSING ON:

- Health and Wellness
- Outdoor Spaces and Buildings
- Transportation
- Social Participation and Inclusion
- Volunteering and Civic Engagement
- Community Information
- Employment and Learning Opportunities
- Housing
- Dementia-Specific Support

COMMUNITY DIALOGUE

Join our efforts to be an age-friendly community. As a member of the World Health Organization's age-friendly global network, we are interested in how you think an age-friendly community is a livable community for all!

Wednesday April 25th 2018
9.30a—1.00p
Teen Center
39770 Paseo Padre Parkway
Fremont • CA 94538

SENIOR HEALTH EXPO

Resources for adults 50+ years and their families, including health and dental screenings, advance directives, local, state and federal agencies, Medi-Cal, Medicare and insurance counseling, U.S. veteran services and more!

Saturday May 12th 2018
9.00a—1.00p
Senior Center and Central Park
40086 Paseo Padre Parkway
Fremont • CA 94538

**BOTH EVENTS ARE OPEN TO THE COMMUNITY
AND FREE OF CHARGE!**

Questions? Email: KGrimsich@fremont.gov

A partnership with WHO/AARP Network of Age-Friendly Cities

The Advisory Commission on Aging Visits City of Emeryville Senior Center

Commissioner Winifred Arbeiter and staff member Jose Villaflor were warmly welcomed to the Senior Center and given a tour by Kim Burrowes, Recreation Supervisor, and Brad Helfenberger, Youth & Adult Services Manager.

The Center resides in the beautiful art deco Veterans Memorial Building located at 4321 Salem Street. By the 1970s the building was largely unused during the day, and by 1977 the Emeryville Senior Center was formed (one of the first in Alameda County) and housed in the building. By 1991 the building was used more for Senior Programs than Veterans Programs and the building's ownership was transferred from Alameda County to the City of Emeryville for \$1. It went through a substantial renovation in 1995-96 and a second renovation in 2015 re-opening in June 2016.

The City of Emeryville is dedicated to promoting a dignified, healthful quality of life for older adults by advocating for vital services, providing opportunities to develop meaningful fellowship, offering lifelong learning activi-

ties, being an accessible and trusted community resource. Its Senior Center currently has an active membership of approximately 1300 people. Cost of membership is \$25 annually. The Center offers 40 classes each week consisting of exercise, enrichment and education. Included are computer training, yoga, Zumba, Tango, crafts and art, Mah Jong, guitar, and a book club. On Friday afternoons current movies are shown. Bi-monthly blood pressure checks are provided by the Alameda County Fire Department.

Socialization is a huge element for the members. The center provides a place

to relax, have a cup of coffee, meet new people and form new friendships.

The monthly newsletter, *The Link*, is assembled by a core group of dedicated volunteers and mailed to 1200 recipients.

In 2008 the Center purchased a 22-passenger bus which is used for an immensely popular trips program. Ten to twelve trips are offered each month to a variety of fun, educational, entertaining locations.

In 2009 the Center established the 8-To-Go program which provides transportation to senior residents of the 94608 zip code to qualified locations.

As part of the *Tri-City Nutrition Program* (Berkeley, Albany, Emeryville), the Center delivers *Meals on Wheels* to 17 seniors. On-site lunches are provided to 10-25 members Monday-Friday from 11:45 to 12:15 (\$3 donation accepted). Additionally, on the first and third Thursdays of each month the Center participates in the *Mercy Brown Bag Program* serving approximately 58 low income seniors. All of these programs function with the assistance of the wonderful volunteers!



Which Diet is Best?

Mary Louise Zernicke, Area Agency on Aging Senior Nutritionist



It seems that a new diet makes it to the ranks of best-selling books every season, causing distrust and frustration from consumers about any new information about eating well. Trusted resource *US News and World Report* recently evaluated diets so you don't need to!

The January 2018 issue of *U.S. News* evaluated and ranked 40 diets, with input from a panel of health experts. To be top-rated, a diet had to be relatively easy to follow, nutritious, safe, effective for weight loss and protective against diabetes and heart disease. The government-endorsed Dietary Approaches to Stop Hypertension, or **DASH diet**, tied with the **Mediterranean diet** for the top spot. Both diets are really common sense diets.

The **DASH diet** was developed by researchers working to manage sodium and other dietary factors to lower blood pressure. They found that the diet works very well to lower blood pressure but it can also support weight loss and improve bone density. Essential elements of the **DASH diet** are to increase fruits and vegetables and whole grains while limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and tropical oils, and sugar-sweetened beverages and sweets. Top it all off by cutting back on salt, and voila! This approach to eating may reduce or even eliminate your need for blood pressure medication.

And the **Mediterranean diet**? It's generally accepted that the folks in countries bordering the Mediterranean Sea live longer and suffer less than most Americans from cancer and cardiovascular ailments. The not-so-surprising secret is an active lifestyle, weight control, and a diet low in red meat, sugar and saturated fat and high in produce, nuts and other healthful foods. Again, common sense.

Of those diets that are well known, the **Weight Watchers** diet came out on top. The Beyond the Scale Program, launched in late 2015, assigns every food and beverage a SmartPoints value, based on its nutrition. Choices that fill you up the longest “cost” the least, and nutritionally dense foods cost less than empty calories. A backbone of the plan is support via in-person meetings, online chat or phone, from people who lost weight using **Weight Watchers**, kept it off and have been trained in behavioral weight management techniques.

With Beyond the Scale, **Weight Watchers** members lost 15 percent more weight in their first two months following the new program, the company says, compared with those who followed the previous program.



What Day of the Month do I get my Social Security Payment?

Sarah Kim-Lee, Social Security Regional Public Affairs Specialist

Timing is everything, and the arrival time of your monthly payment from Social Security can be key to keeping your financial house in order.

As you budget to pay your bills and save for future needs, keep in mind that your monthly retirement or disability benefit will be paid at the same time each month. To see your next payment date, create or log on to your *my Social Security* online account at www.socialsecurity.gov/myaccount and go to the “Benefits & Payments” section. In general, here’s how we assign payment dates:

- If you were born on the 1st through the 10th of the month, you’ll be paid on the second Wednesday of the month;
- If you were born on the 11th through the 20th of the month, you’ll be paid on the third Wednesday of the month; and
- If you were born after the 20th of the month, you’ll be paid on the fourth Wednesday of the month.

There are exceptions. For example, children and spouses who receive benefits based on someone else’s work record will be paid on the same day as the primary beneficiary.

For others, we may issue your payments on the 3rd of each month. Among other reasons, we do this if:

- You filed for benefits before May 1, 1997;
- You also receive a Supplemental Security Income (SSI) payment;
- Your Medicare premiums are paid for by the state where you live; or
- You live in a foreign country.

Individuals who receive SSI payments due to disability, age, or blindness receive those payments on the 1st of each month.

If your payment date falls on a federal holiday or weekend, you can expect to receive that month’s payment on the weekday immediately prior.

You can see a current schedule for Social Security and SSI benefit payments in an easy-to-read calendar at www.ssa.gov/pubs/EN-05-10031-2018.pdf.

Social Security is with you through life’s journey, helping you to secure today and tomorrow through important financial benefits, information, and planning tools. To learn more, please visit www.socialsecurity.gov.

Older Adults and Medical Cannabis: Things Every Senior Should Know

Sue Taylor, Executive Director iCANN Berkeley

The most important thing for older adults to remember is that medicinal cannabis is now legal in California and they can talk to their doctors about it.

It's recommended that if older adults are considering cannabis treatment only under their physician's guidance. Often when patients begin to feel better because of their cannabis use, they might try to reduce or to stop taking their prescribed pills together. It is important

to keep your doctor in the loop to approve those changes based on improved health and reduction of symptoms.

Cannabis is not lethal but there are very potent products on the market right now that could cause uncomfortable side effects. There are new ways to use cannabis like vapor pens for a smoke-free inhalation, relaxing bath salts, dermal patches, teas, honey and other edible treats. There are also traditional products such as tinctures or

non-psychoactive hemp oil that can be ingested or applied topically to soothe skin conditions.

Older Adults need to be educated about the efficacy of cannabis for their own well-being.

For those seeking relief from chronic pain, insomnia or other ailments., a cannabis treatment could

See abbreviated title
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New Medicare Cards are Coming

Sarah Kim-Lee, Social Security Regional Public Affairs Specialist

Medicare will mail new Medicare cards between April 2018 and April 2019. Your new card will have a new Medicare number that's unique to you instead of your Social Security Number. This will help to protect your identity. Your new card will automatically come to you. You don't need to do anything. Your Medicare coverage and benefits will stay the same. The new card is free – there is no charge for it.

Medicare will never ask you to give personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information like your current Medicare Num-

ber by contacting you about your new card. Don't fall for it. If your card is ever lost or stolen ask for a replacement from Social Security. It will arrive within 30 days.

Medicare is managed by the Centers for Medicare & Medicaid Services (CMS.) Social Security works with CMS by enrolling people in Medicare. For details call 1-800-772-1213 M-F from 7:00 am – 7:00 pm, visit your local Social Security office or Google *Medicare Card*.



Senior Update
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We're On The Web!

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

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Senior Information

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Older Adults and (Continued from page 7)

be as simple as using a topical ointment at bedtime or an edible.

I encourage patients to do their own research, get your doctors on board and educate them, that's the key component: teaching one another. What I've learned in the last 10 years has been unbelievable and remarkable. I truly believe my work in the cannabis industry is divinely inspired because I would never have chosen this path myself. Supported by a growing body of research and social acceptance of medicinal cannabis, I am committed to sharing the truth about this healing medicine.

10th Annual African American Caregiving and Wellness Forum

The Alzheimer's Association and UC Davis Alzheimer's Disease Center, in partnership with Alameda County Supervisor Keith Carson, Alameda County Area Agency on Aging, and the Center for Elders' Independence presents the 10th Annual African American Caregiving and Wellness Forum. The Forum will be held on **April 21st from 9:00 am to 2:00 pm at the Ed Roberts Campus (3075 Adeline St.) in Berkeley, CA 94703.**

Topics of discussion include:

- The latest information about Alzheimer's disease research.
- How to access and use Medi-Cal benefits to cover dementia care costs.
- Culturally appropriate strategies for caring for someone with Alzheimer's disease.
- Ways to reduce your risk for developing Alzheimer's disease and other related dementias.

This is a **FREE** event and is open to the public. A free health screening will be offered and a complimentary lunch will be provided. The program will start promptly at 9:30 am. There will also be respite care services and grants for caregivers who would like to attend the Forum but are unable to leave their care recipient(s) by themselves.

To register by phone/email or for more information, please contact Craig A. Wingate: 408.372.9933 or email cwingate@alz.org