



Commission on Aging

SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
1955 FOOTHILL BLVD., SUITE 300
OAKLAND, CA 94603-1907

July/August/September 2018

Senior Update

...The Eyes and Ears of Alameda County Seniors

Notes from Chair Person, Donna Murphy

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| Notes from Chair
Donna Murphy | 1 | Welcome from the Alameda County Advisory Commission on Aging if you are reading this for the first time and welcome to our loyal returning readers! Thank you to those in the community who have continued their outreach efforts in support of strengthening and advocating for Older Adults in Alameda County. |
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Adult Protective Services has developed a tool kit and materials for Elder Abuse Prevention Month. Please distribute in our communities and participate in educating others about elder abuse when it happens. In Alameda County we are very fortunate to have an Elders Court and Elder Abuse Prevention unit. We are all mandated reporters so if you see or hear Elder Abuse, report to APS.

As we enter the summer months, don't forget to continue to eat healthy, hydrate, and get plenty of exercise each day.

Again, thank you all for your continued support and good work in our Older Adult Communities in emerging Age-Friendly Alameda County.

Three Common Ways your Social Security can Grow after Retirement, Sarah Kim-Lee, Social Security Administration Regional Public Affairs Specialist

You made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase?

Once you begin receiving benefits, there are three common ways benefit checks can increase: a cost of living adjustment (COLA); additional work; or an adjustment at full retirement age if you received reduced benefits and exceeded the earnings limit.

The COLA is the most commonly known increase for Social Security payments. We annually announce a COLA, and there's usually an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month. By law, federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). More than 66 million Americans saw a 2.0 percent increase in

Social Security and SSI benefits in 2018. For more information on the 2018 COLA, visit www.socialsecurity.gov/cola.

Social Security uses your highest thirty-five years of earnings to figure your benefit amount when you sign up for benefits. If you work after you begin receiving benefits, your additional earnings may increase your payment. If you had fewer than 35 years of earnings when we figured your benefit, you will replace a zero earnings year with new earnings. If you had 35 years or more, we will check to see if your new year of earnings is higher than the lowest of the 35 years (after considering indexing). We check additional earnings each year you work while receiving Social Security. If an increase is due, we send a notice and pay a one-time check for the increase and your continuing payment will be higher.

Maybe you chose to receive reduced Social Security retirement benefits while continuing to work.

You made the choice to take benefits early, but at a reduced rate. If you exceeded the allowable earnings limit and had some of your benefits withheld, we will adjust your benefit once you reach full retirement age. We will refigure your payment to credit you for any months you did not receive payments. Your monthly benefit will increase based on the crediting months you receive. You can find additional information about working and your benefit at www.socialsecurity.gov/pubs/EN-05-10077.pdf.



Retirement just got more interesting since you learned about potential increases to monthly payments. Social Security has been securing your today and tomorrow for more than 80 years with information and tools to help you achieve a successful retirement.



Save the Date
15th Annual

Healthy Living Festival

at the Oakland Zoo

“Promoting Health and Wellness for Sixty+ Adults”

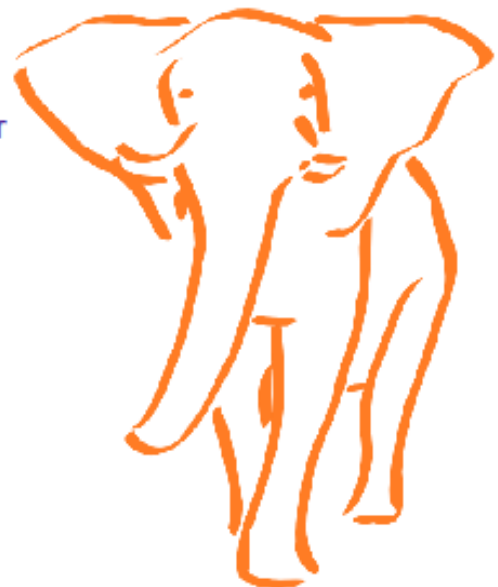
Thursday, September 13, 2018
8:00 a.m. to 2:00 p.m.

**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 improve the quality of life for seniors throughout Alameda County. 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**



ORGANIZED BY

USOAC
United Seniors of Oakland and Alameda County
Empowering Seniors • Enriching Youth • Enhancing Community

Elder Abuse Awareness

Rezsing Gonzalez, Program Specialist, Division of Adult Protection,
Department of Adult and Aging Services



Elder Abuse is one of the most under-reported crimes in America and has been called the fastest growing crime of the 21st century. Furthermore, it is estimated that only 1 in 14 incidents of abuse actually come to the attention of officials. Awareness is critical in combating this growing silent epidemic. Alameda County Division of Adult Protection (DAP) is excited about the collaborative **Elder Abuse Awareness Campaign** that is underway in our community, keep your eyes open for some of our activities:

Watch out for our award winning public service commercial, “*Don’t Worry Mom,*” which will be aired throughout June and July on Comcast Cable.

When you catch BART, take a moment to catch the “Signs of Abuse,” posted on BART trains throughout the month of June in a *one of a kind* collaboration between Alameda, Contra Costa and San Francisco Counties.

Like or Retweet posts from our social media campaign, which will also be shared by our partners at the *Alameda County Council for Age Friendly Communities*, helping spread the word on multiple social media platforms..

Local Community Based Organizations are stocked with information and collateral pieces helping us raise awareness --- *let us know if you want to pitch in!!!*

DAP will be joining the District Attorney in receiving proclamations from all of the individual city councils across the County and from the Board of Supervisors in recognition of June as Elder Abuse Awareness Month.

Look for other exciting opportunities to raise awareness throughout the month of June and the rest of the year.

For more information call Alameda County Adult Protective Services at 1-866-CALL-APS or check out our website:

AlamedaElderAbuse.org.



Re-think Your Drink!

Mary Louise Zernicke, Area Agency on Aging, Senior Nutritionist

As we get older we are more prone to dehydration. Why? As we get older, our thirst reflex does not work as well. We don't catch the signs of thirst in a timely way because our blood vessels are less flexible. That causes our brains to not realize we are thirsty.

Even mild dehydration can make us weak and confused, cause urinary tract infections, low blood pressure, and can lead to severe health risks like heat stroke. Dehydration is a primary cause of falling among older adults. Also, people with Dementia and Alzheimer's may forget they need to drink, which can cause a major health issue.

How you can ensure you are getting enough fluids:

Drink something with every meal, snack or pill you have.

When you feel thirsty don't wait; this is your body's signal that it needs water.

Eat foods with high moisture content like fruits or vegetables.

Generally, 6 – 8 glasses of fluids per day are appropriate (unless medical conditions, such as congestive heart failure, rule out this amount). **Monitor urine output. If your urine is yellow or has a strong smell, you are not drinking enough!**

Drink frequently during the daytime, rather than drinking large amounts at one time.

Keep glasses of water and/or a water cooler available throughout the day wherever you are (in bed, on the patio, in a favorite seating area in the house).

Remember, if you are on diuretics ("water pill"), you need to drink MORE fluids and are at higher risk of dehydration.

Alcohol, however, does NOT count towards your fluid intake. Limit alcohol intake to 1-2 servings daily.

What are good drink choices?

Water is your best choice for drinking, whether plain, carbonated, or with added flavors. We in the East Bay have access to excellent water, so bottled water is unnecessary. Coffee and tea will actually count towards your fluid needs, despite the fact that they have caffeine.

Make a healthier choice!

Water is the best! – Add a slice of orange, lemon, lime or cucumber to your water for great flavor and no calories.

Non-fat or low-fat milk

100% fruit juice (limit juice to ½ cup)

Unsweetened tea

Diet soda (occasionally)

Join Medication Safety!

Marjory Tilley, Senior Support Program of the Tri-Valley, Medication Safety Program Manager

Press Release/ Senior Update

23 May 2018

Senior Support Program of the Tri-Valley, SSPTV

Medication Safety Program

5353 Sunol Blvd., Pleasanton, CA

www.ssptv.org

(925) 931-5379



Join Medication Safety!

Medication related problems and errors endanger the lives and well-being of a high percentage of our older adults, leaving them at risk for falls, dizziness, confusion, or other side effects. Reaching these mature adults who may need to improve health behaviors, be supported in wellness at home, and improve **medication adherence** will make an enormous difference to the emotional and physical well-being of older adults in our community.

Enrolling in a **Medication Safety Program** provides education about the importance of medication compliance to ensure and enhance the quality of life and safety of older adults. Benefits of this free, confidential, individualized medication review include: Education about the importance of medication compliance; A medication interaction report; Assistive devices, including a pill box and personal medication record; Safe disposal guidelines and encouragement for drug disposal to reduce harm from accidental exposure or unintentional use.

Medication Safety Programs are available to older adults throughout Alameda County through contracts with community-based organizations. These community-based organizations are funded by taxpayers' dollars through Alameda County Measure A Essential Health Care Services Initiative and have provided hundreds of older adults in Alameda County with this vital medication safety check that has improved medication adherence.

Community Based Organizations bring this free **Medication Safety Program** to the homes of older adults throughout Alameda County. The program supports wellness in the home, while providing the senior with strategies to manage their medication. Strategies include: setting up a daily routine; encouraging use of adherence devices, such as medication organizers, and alarms; creating a list of instructions for all medications; and encouragement in working directly with healthcare professionals to identify the easiest way to take all their medications. The program also delivers a Drug Interaction Report that provides in-depth information (i.e. medication interaction with food/drink) while screening for duplicate therapies, and ingredients. Participants often request that this report be sent directly to their healthcare professional. The report becomes a catalyst for further discussions with their healthcare professional.

Join Medication Safety! Continued

Older adults who participate in the **Medication Safety Program** overwhelmingly report that their compliance level for properly taking medication does increase. Participants appreciate learning about how to safely dispose of unused and expired medications, and they are appreciative of the Drug Interaction Report.

One local Tri-Valley, community based organization, Senior Support Program of the Tri-Valley, (SSPTV) recently reported these success stories:

“Ms. J’s family member (caregiver) contacted SSPTV hoping to get a better handle on the medication being taken by her parent after an extended stay in the hospital and at a skilled nursing facility. The Drug Interaction Report produced served as a catalyst for one of the client’s prescribers to modify the dosing of a drug regimen that was contributing to the client’s confusion. The modification has proved helpful to the client, and the family caregivers.”

“Ms. H, a senior living in a low-income senior apartment complex, remarked that she was not sure she should be taking several OTC (over the counter) medications. She learned of the OTC’s either from “a friend” and/or “a television program whose host was a physician.” The Drug Interaction Report showed therapeutic duplication in the vitamin, and vitamin and nutritional categories. Ms. H was pleased to have the information and asked that the report be sent to her physician, who will talk about taking the OTC’s concurrently. Ms. H felt sure that her monthly OTC medication costs would be lowered after the discussion with her physician.”

To learn more about **Medication Safety Programs** in Alameda County, contact Alameda County Emergency Medical Services’ Senior Injury Prevention Program Coordinator, Carol Powers at (510) 618-2050 or call the Alameda County Area Agency on Aging at 1-800-510-2020 or 510-577-3530.



Senior Support Program of the Tri-Valley Medication Safety Program

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Main: 925-931-5379 Fax: 925-931-3499
www.ssptv.org





Senior Update
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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: Donna Ireland, Shelley Zak, Sarah Kim-Lee, Delbert Walker, Jose Villafior

Dates to Remember:

Independence Day Holiday– July 4

First Man on the Moon– July 20, 1969

Parents' Day– July 22

Friendship Day– August 5

National Aviation Day– August 19

Women's Equality Day– August 26

Labor Day Holiday– September 3

Grandparents Day– September 9

Patriot Day– September 11

Healthy Living Festival– September 13

Stepfamily Day– September 16

Citizenship Day– September 17

United States Air Force Birthday– September 18

National POW/MIA Recognition Day– September 21

Emancipation Day– September 22

Falls Prevention Awareness Week– September 22-28, 2018

First Day of Fall– September 22

Native American Day (In Calif.) September 28