



SENIOR UPDATE  
AREA AGENCY ON AGING  
ADVISORY COMMISSION ON AGING  
6955 FOOTHILL BLVD., SUITE 300  
OAKLAND, CA 94605-1907

July/August/September 2021

# Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

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## Tips

## Homebound Vaccinations



### Are you homebound and seeking a COVID-19 vaccination?

Alameda County Public Health Department offers COVID-19 vaccinations for homebound individuals and their caregivers.

#### Eligibility:

- You are bed-bound, need a gurney/stretcher to leave home, and
- You have an illness or condition that severely restricts leaving home.
- You care for someone who is homebound.



We also offer in-car vaccinations at all our county-run vaccinations sites, for those who can leave home but have limited mobility.

Our homebound vaccination teams are made up of compassionate, knowledgeable, and skilled health professionals. They are committed to making sure everyone has the chance to get vaccinated against Covid-19.



**Please call us at 510-208-4829 to schedule your vaccination!**



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

#### Contact

Public Health Department:  
(510) 267-8000 Main Line

COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)

## **NATIONAL HEALTH DECISION DAY (NHDD) WAS APRIL 16TH...DID YOU HAVE THE CONVERSATION, IF NOT, THERE IS STILL TIME"**

Courtesy of the Institute for Health Care Improvement

This past year has raised difficult questions for many families. How do you cope with the illness and loss of a loved one in a time when you can't be present to say goodbye? And what if you have never discussed their wishes for end-of-life care?

Many families have had to go through this with little or no preparation. Fortunately, there are many resources available to help with this difficult conversation.

The Family Caregiver Alliance at [caregiver.org](http://caregiver.org) offers these tips:

- Schedule a time to talk and include everyone who is likely to be involved in the decision-making process.
- Be prepared (check out the information and resources below).
- LISTEN.
- Consider how to surface unstated concerns like fears of: pain, loss of dignity, loss of control over surroundings, or leaving loved ones without adequate resources.
- Offer some input, like a story about a friend or loved one who has been through this.
- Don't criticize.
- Give the discussion plenty of time and take breaks if needed.

There are several types of advance directives, which are documents that spell out what kind of care people want when they can no longer speak for themselves.

The living will, according to the American Cancer Society "is a legal document used to state certain future health care decisions only when a person becomes unable to make the decisions and choices on their own," and "before your health care team uses your living will to guide medical decisions, two physicians must confirm that you are unable to make your own medical decisions and you are in a medical condition that is specified by your state law as terminal illness or permanent unconsciousness."

A durable power of attorney for health care, also known as a medical power of attorney (again, according to the American Cancer Society) "is a legal document in which you name a person to be a proxy (agent) to make all your health care decisions if you become unable to do so. Before a medical power of attorney can be used to guide medical decisions, a person's physician must certify that the person is unable to make their own medical decisions."

## **NATIONAL HEALTH DECISION DAY (NHDD) WAS APRIL 16TH...DID YOU HAVE THE CONVERSATION, IF NOT, THERE IS STILL TIME" CONTINUED...**

A third option, Physician Orders for Life-Sustaining Treatment (POLST), are only available in some states (including California). These have to be signed by your doctor or another qualified member of your healthcare team and (unlike a living will or durable power of attorney) will be honored by emergency personnel like paramedics and EMTs.

Finally, a do not resuscitate order (DNR) specifically states that you don't want your breathing or heart restarted by artificial means. It must be signed by your doctor or another qualified member of your healthcare team, and a new one is required each time you enter the hospital. Outside of the hospital, you will want to carry a copy with you and post one in a prominent place in your home.

The kind of questions you will want to answer in your living will or advance directive include:

- Who do I want to make decisions for me when I can't?
- What kinds of life-sustaining treatments do I want?
- When do I want life-sustaining treatment to stop?
- Where do I wish to die?
- What spiritual traditions do I want honored?

Some excellent resources are:

The conversation project ([theconversationproject.org](http://theconversationproject.org)) 53 State St., 19th fl., Boston, MA 02109, which offers a 12-page guide for advance directives.

Five Wishes ([fivewishes.org](http://fivewishes.org)) P.O. Box 1661, Tallahassee, FL 32302, 850-681-2481, which provides a fill-in-the-blank guide to formulating advance directives.

Kaiser Permanente ([kp.org/lifecareplan](http://kp.org/lifecareplan)) provides a 16-page Life Care Plan to formulate advance directives and state end-of-life wishes.

POLST California ([capolst.org](http://capolst.org)) 2530 River Plaza Dr., Ste. 110, Sacramento, CA 95833, 916-489-2222, which provides information and Physician Orders for Life-Sustaining Treatment forms.



*Improving Health and Health Care Worldwide*



## MEDICARE OPEN ENROLLMENT

The Mission of **Legal Assistance for Seniors (LAS)** is to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy. We offer services in the following areas: Public Benefits, Housing, Immigration, Elder Abuse, Guardianship of minor children, and Health Care.

LAS is the parent agency for Alameda County's Health Insurance Counseling and Advocacy Program (HICAP), a volunteer-based service helping people on Medicare and pre-retirees navigate the health insurance maze. **HICAP provides free, unbiased Medicare counseling to anyone in Alameda County.** We help Medicare beneficiaries of any age make informed choices and we provide advocacy when their health care benefits and rights are threatened or denied. Individual appointments and group presentations are available throughout the county.

**Medicare's Annual Enrollment Period runs from October 15<sup>th</sup> through Dec 7<sup>th</sup> and allows people to make changes in their Medicare Advantage and Prescription Drug plans for the following year.** This is always a good time to review your current coverage, especially if you have experienced changes in your health or financial situation, in order to ensure your health care needs are being met. There is no cost to meet with our volunteer HICAP Counselors who provide individual appointments so that they can answer questions specific to each person's situation. By mid-October, we know what changes will affect coverage in 2022 and can provide detailed information for Alameda County Medicare beneficiaries.

**Call LAS for an appointment at 510-839-0393.**

### How to Reach LAS

Call for an appointment today at:  
1-510-832-3040 (LAS)  
1-510-839-0393 (HICAP)

Reach LAS by mail at:  
333 Hegenberger Rd, Suite 850  
Oakland, CA 94621

Or on the web at:  
[www.lashicap.org](http://www.lashicap.org)



## OMBUDSMAN SERVICES OF CONTRA COSTA, SOLANO AND ALAMEDA ANNOUNCES IDENTITY CHANGE TO EMPOWERED AGING

PLEASANT HILL, Calif., June 29, 2020 — Today, Ombudsman Services of Contra Costa, Solano and Alameda, a nonprofit organization dedicated to supporting the needs of seniors, adults with disabilities, and their families, announced an official rebrand to Empowered Aging.

For over 50 years, the Ombudsman Services program provided fierce, high-quality advocacy on behalf of residents and their families in long-term care. Since then, the organization has expanded its services and scope of work, leading a movement of vulnerable older and disabled adults across the nation.

“Changing our name to Empowered Aging allows us to embrace a number of our other programs like Friendly Visiting and Telephone Reassurance, Healthcare Career Pathway, and elder abuse prevention, among others,” said Nicole Howell, Executive Director of Empowered Aging. “Empowered Aging enables us to connect with a wider audience as we continue to expand our reach and services even further.”

Empowered Aging is an uplifting, inclusive name that reflects the organization's true purpose: to empower older adults and adults with disabilities to advocate for themselves, living their journey in aging with dignity, respect, and independence.

As the organization rolls out this new brand identity, all services will continue uninterrupted and remain free of charge to all who seek support.

### About Empowered Aging:

Empowered Aging, previously known as Ombudsman Services of Contra Costa, Solano and Alameda, started in Contra Costa County with just a few government grants, a single staff person, and a lot of determination. Over 50 years later, we have evolved, expanding our reach to meet the needs of our time, which are impacting a vulnerable and vastly diverse senior community.

Today, Empowered Aging is uniting individuals, organizations, and communities together around a common mission, a shared vision, and a path forward to a stronger, more equitable journey in aging through a variety of programs and collaborations. For many older and disabled adults, we're the only connection and the only engagement lifting their voices, enabling self-sufficiency, and fighting for their just place in society. As an independent nonprofit, we rely on government, foundations, grateful families, and concerned citizens to fuel our work — with the true measure of success being lives changed. For more, visit [www.EmpoweredAging.org](http://www.EmpoweredAging.org).

### MEDIA-ONLY CONTACT:

Susie Hays  
760-458-9201  
[Susie@Q2Mark.com](mailto:Susie@Q2Mark.com)





## 10 WAYS TO LOVE YOUR BRAIN

Grace Lui, LCSW, Site Director, Alzheimer's Association



## SLIGHT INCREASE IN COVID-19 CASES IN ALAMEDA COUNTY

Courtesy of the Alameda County Health Services Agency



Two weeks ago, the State lifted the Blueprint for a Safer Economy and Alameda County, along with counties across the state, lifted its Shelter in Place order and fully aligned with the State's guidance on masking, mega-events, schools and workplaces.

### Alameda County is seeing a slight increase in COVID-19 cases.

With more businesses and activities open and more people socializing with other households, these increases in cases are not unexpected and reinforce the urgent need to continue COVID-19 vaccinations and precautions to prevent severe illness, hospitalization, and death. The pandemic is not over and COVID-19 is still circulating in our communities.

Alameda County is aligned with the State's mask mandate and, in most settings, fully vaccinated residents are not required to wear a mask indoors. If you are not fully vaccinated, masks are required in indoor public settings and businesses. For unvaccinated individuals, the CDC also recommends wearing a mask in outdoor crowded settings where physical distancing isn't possible. If you don't know the vaccination status of those around you, wear a mask. Organizations and businesses may also be more restrictive on masking than the State and all residents should keep masks with them in case they are asked to put them on.

The Alameda County Health Services Agency will continue publishing biweekly and you can visit our COVID-19 response page to view presentations to our Board of Supervisors. We appreciate your readership, encourage your feedback, and ask that you share this newsletter with others.



Revised Save the Date Notice!

Thursday, September 30, 2021  
for the 18th Annual



# Healthy Living Festival

**DRIVE THRU** at the Oakland Zoo  
9777 Golf Links Rd. Oakland, CA 94605

As a Result of recent Covid-19 increase in cases  
USOAC will be having a **DRIVE THRU** event. Detailed  
instructions provided on Registration Form.

9:00 a.m. to 1:00 p.m.

“Promoting Health and Wellness for Sixty+ Adults”

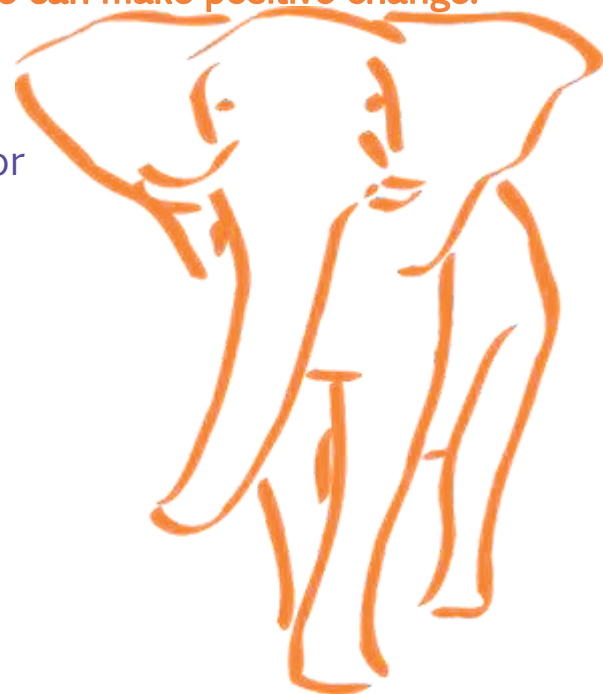
*Commemorating 35 Years of Senior Organizing  
and Engagement, Continuing the Work Through the  
Pandemic and Beyond!*

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](mailto:Mary@usoac.org)  
or visit [www.usoac.org](http://www.usoac.org)



**\*\*SEE REVERSE\*\***



18th Annual  
Healthy Living Festival  
DRIVE THRU event will offer:

- *Covid-19 Vaccinations*
- *Covid-19 Testing*
- *Flu Vaccinations*

*All seniors, their providers, family and/or friends attending the HLF drive thru event must be registered. The HLF Registration Form can be completed online.*

*Please register at Eventbrite*

**SAVE PAPER BY REGISTERING ONLINE AT [WWW.TINYURL.COM/HLF2021](http://WWW.TINYURL.COM/HLF2021)**

**For more information contact United Seniors at (510) 729-0852**

**\*\*SEE REVERSE\*\***



## THE MANY THINGS YOU CAN DO ONLINE WITH SOCIAL SECURITY

Sarah Kim-Lee, Social Security Regional Public Affairs Specialist, ACA Commissioner



Celebrating our nation's independence every year on July 4 is a point of joy and pride. For more than 85 years, our programs have helped provide financial independence to millions of hardworking people. We have three useful online tools to help you achieve the financial independence you deserve in retirement.

**my Social Security** – You're in control with the many services available online through **my Social Security**. Creating a secure account will help you conduct Social Security business from home or on the go. With your personal **my Social Security** account, you can:

- Request a replacement Social Security card (in one of the 45 eligible states and the District of Columbia).
- Review your earnings history.
- Get personalized retirement benefit estimates.
- Check the status of your Social Security application or appeal.

If you already receive benefits, you can also:

- Request a replacement Social Security card (in one of the 45 eligible states and the District of Columbia).
- Get a benefit verification letter or proof of income letter.
- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

**Frequently Asked Questions** – What is your full retirement age? How do you apply for Social Security retirement benefits? Do you have to pay taxes on Social Security benefits? Discover the answers to your Social Security-related questions at our Frequently Asked Questions page at [www.ssa.gov/faq](http://www.ssa.gov/faq).

**Social Security's Official Blog** – Stay informed about our latest news, retirement planning tips, and other helpful information. Our blog at [blog.ssa.gov](http://blog.ssa.gov) features messages direct from our Commissioner, as well as information from other experts. From the blog, you can also connect with us on Facebook, Twitter, LinkedIn, Instagram, and YouTube, where you can watch our informational videos. Don't forget to share these resources with your family and friends and encourage them to join us.

## MEET THE ALAMEDA COUNTY ADVISORY COMMISSION ON AGING (ACA) COMMISSIONERS:



My name is **Sylvia J. Stadmire**. I am a native Californian who raised my children in San Francisco. I remained a resident there until 1992, when I moved to San Leandro. I was recommended to be a member of the Senior Commission, serving as President and Vice President. I later was appointed to the Area on Aging Commission and remained there until taking other positions with the county, as listed below.

I am involved with community work because it enables me to work with individuals with disabilities and older adults to learn about the array of resources and supports available to them. This means that as I age, the necessary formats will be in place, because I chose to fight for it now.

My contributions to community building and healthy aging include the ability to address critical issues, and to improve the conditions that impact the quality of life. I am a voice and vehicle for older adult empowerment in their lives and communities. I am a member of additional organizations, such as the United Seniors of Oakland and San Leandro and the Paratransit Advisory Planning Commission, to name a few.

I work to protect Social Security and Medicare, fighting Medicare fraud, and protecting older adults' access to medical care. Transportation is a need and a must. My volunteer work entails interactive and informative tools that enable older adults and persons with disabilities to get to the next step. I help older adults age with dignity, and see that their rights are not violated.

I am hoping to gain more knowledge to assist in healthcare and other benefits for older adults and the disabled, making me a stronger advocate for older adults to live with dignity as they age.

I've made lots of choices in life, and many of them have helped people, causes and organizations that reflect my deepest values. I have been deliberate about using my resources and those of organizations because I recognize that vital work can be done to ensure people's voices are heard on issues and decisions that most affect their lives.

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

## ***Senior Information***

Phone: 1-800-510-2020  
<http://seniorinfo.acgov.org>

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Alameda County  
**Social Services  
Agency**

SSA has launched a brand new website, take a look at the new user friendly layout and services search engine at <http://alamedacountysocialservices.org>

**Proud Core Partner of the:**



The Alameda County Aging and Disability Resource Connection (ADRC) is a collaboration between your local Area Agency on Aging (AAA), The Center for Independent Living (CRIL) and Community Resources for Independent Living (CIL) to implement a No Wrong Door (NWD) system of entry. The primary goal of ADRC is to assist Alameda County residents in navigating and accessing Long-Term Supports and Services (LTSS), and in providing our community with highly visibly and trusted resources for people of all ages, disabilities, and income levels. ADRC is a person-centered system of delivery and strives to provide consumers with objective and impartial information on a full range of LTSS options that will assist them in making informed decisions and meeting personal goals.

**Senior Update Editorial Board: Ramil Rivera**  
**Diarra Piggue, Christine Sevier, Delbert Walker**

### **CORRECTIONS:**

In the April/May/June 2021 Senior Update Newsletter, Page 9, MEET THE ALAMEDA COUNTY ADVISORY COMMISSION ON AGING COMMISSIONERS, the spotlight commissioners name, **Howard Kirsch**, was absent.

### **NEW COMMISSIONERS:**

The ACA welcomed four new commissioners: Florence Raskins, Joyce Fahey, Kester Waters, and Gursewar Dhaliwal. Keep a watch for their information in future Senior Update Newsletters.

### **Upcoming Meetings:**

#### **Advisory Commission on Aging**

- ♦ July 12, 2021
- ♦ August 9, 2021
- ♦ September 13, 2021

#### **Information & Assistance Roundtable**

- ♦ July 22, 2021