

# SENIOR UPDATE

Issue

46

Apr-May-Jun  
2023

## THE EYES AND EARS OF ALAMEDA COUNTY SENIORS

### Page 3

**June is Elder Abuse Awareness Month.** Learn how to recognize elder abuse and what to do to stop it.

### Page 5

**May is National Older Americans Month,** The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.

### Page 6

**Healthy Aging** - List of suggested health screenings for men and women aged 65 and older.

### Page 8

**Emergency Preparedness:** How to prepare an Emergency Kit for your home or office with everything you'll need for 3 days



### About Senior Update

The Senior Update is a newsletter which provides information, education and support to Alameda County adults aged 50 and over. The Senior Update is published quarterly by the Alameda County Advisory Commission on Aging

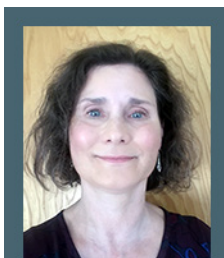
(ACA) in collaboration with the Area Agency on Aging (AAA), and The County of Alameda Social Services Agency, Department of Adult & Aging Services.

# Spotlight

## In this issue...

Spotlight.....	2
Featured Content .....	3
Elder Abuse Awareness Day.....	3
Older Americans Month .....	4
Signs of Elder Abuse.....	4, 9
Healthy Aging/Healthy Living.....	6
Over 65 Health Screenings.....	6
Emergency Preparedness.....	8
Programs & Services .....	10
Long-Term Care Ombudsmen .....	10
Senior Friendly Events.....	10
Helpful Resources .....	11
Announcements .....	12
Upcoming Meetings.....	12

## Join The County of Alameda Advisory Commission on Aging (ACA)



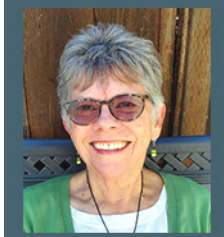
### LAURA McMICHAEL-CADY

"I joined the ACA to advocate for seniors in Alameda County. I am pleased and honored to bring my experience as a homecare and hospice social worker and volunteer for multiple organizations to this position."



### VICE-CHAIR KESTER WATTERS

"I am a disabled senior living in a multi-ethnic household. I joined ACA as I am concerned that seniors are not listened to or understood in their diversity throughout Alameda County. My hope is to establish a unified institution to listen and help."



### VICTORIA WILLIAMS

"With 35+ years of experience in aging, I am well aware of the value of advocates and community partners to help meet the needs of Alameda County's older adults. It takes a village! Please join us to make a difference!"

The County of Alameda Advisory Commission on Aging (ACA) is a federally mandated advisory council. Our mission is to promote the dignity, independence and quality of life of older persons and the disabled through programs, services, advocacy and information.

### Qualifications:

Per the Older Americans Act, membership in ACA shall be composed of: (a) a majority of persons 60 years or older; (b) service providers; (c) members who reflect the geographic, racial, economic, and social complexion of the area they represent; and (d) at least one member who represents the interests of the disabled.

**Term (Seats)** Four (4) years;

maximum of two (2) terms.

**Number of Members:** 21

### Meeting Dates/Time:

Scheduled for the 2nd Monday of each month from 9:15-11:45 a.m.;

### How to Apply:

Log onto <https://www.acgov.org/bnc/#/vacant-seats>, then click "Apply For a Seat on This Board" to complete application. We strongly suggest you follow up with an email to Ms. Stephens-Pierre (see below) to help us track your paperwork.

To learn more information about meetings, agenda items, etc., please contact Jennifer Stephens-Pierre, Director, Area Agency on Aging, 510-577-1966 or [jspierre@acgov.org](mailto:jspierre@acgov.org).



# Featured Content

---

## June is Elder Abuse Awareness Month Thursday, June 15th is World Elder Abuse Awareness Day

The purpose of Elder Abuse Awareness Month is to shed light on the abuse and neglect that elderly and vulnerable adults face. (Source: <https://ncea.acl.gov/>)



### What is Elder Abuse?

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Elder abuse includes physical abuse, emotional abuse, sexual abuse, neglect and financial exploitation. Approximately one in 10 Americans age 60 and over have experienced one form of elder abuse.

### What Does Elder Abuse Look Like?

- *Physical abuse*: Use of force to threaten or physically injure an older person
- *Emotional abuse*: Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person
- *Sexual abuse*: Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent
- *Exploitation*: Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property
- *Neglect*: failure or refusal to provide for an older person's safety, physical, or emotional needs

### How Can We Stop Elder Abuse?



We can lessen the risk of elder abuse by putting supports and foundations in place that make abuse difficult. If we think of society as a building that supports our wellbeing, then it makes sense to design the sturdiest building we can—one with the beams and load-bearing walls necessary to keep everyone safe and healthy as we age. For example, constructing community supports and human services for caregivers and older adults can alleviate risk factors tied to elder abuse. Increased funding can support efforts to train practitioners in aging-related care. Identifying ways to empower older adults will reduce the harmful effects of ageism. And leveraging expert knowledge can provide the tools needed to identify, address, and ultimately prevent abuse.

**TO REPORT SUSPECTED ELDER ABUSE IN ALAMEDA COUNTY:** Call Adult Protective Services at 510-577-3500. If you or someone you know is in a life threatening situation or immediate danger call 911 or the local police or sheriff.



# Featured Content



## THE STORY OF REFRAMING AGING

**Society should treat older people as equals**

One of our society's strengths is our belief in justice. A just society ensures that everyone, regardless of age, can participate and contribute in meaningful ways. Too often, we limit opportunities for older people and minimize their contributions. This is unjust to older people and a loss to our communities. To live up to our ideals, we must confront the injustice of ageism.



**Ageism harms us *all***

Ageism is discrimination or unjust treatment of older people based on stereotypes. Starting at an early age, ageism shapes the way we think about ourselves and others as we grow older. Underlying ageism is implicit bias – the unconscious attitudes and beliefs that lead to snap judgments about older people. Ageism is bad for our health, making us sicker and costing our nation billions in avoidable health care costs. Ageism stifles the economy by limiting the participation of older workers, despite their years of experience.

**“ This is what ageism sounds like:**  
I'm having a senior moment.  
These wrinkles and grey hair have got to go.  
I'm too old to try that.  
You look good for your age.  
It's time to put her/him out to pasture.  
Those are just aches and pains from old age.  
Sweetie, you don't look a day over 29.  
**”**

**The solution: confront ageism by telling a new story**

The Reframing Aging Initiative is generating a groundswell for change – from local efforts to national leaders – to tell a more balanced story of aging. This story explains that good ideas know no age limit, and that experience and wisdom can be tapped to benefit us all.

**Our words matter.** Changing the way we talk will change attitudes about aging, and ultimately, will advance policies and programs that support us at every age and stage of life.

This initiative is powered by research and proven to change how people think about aging.

**What we need is you!**



## Quick Start Guide

Framing is the process of making choices about what to emphasize and what to leave unsaid. Here's a quick tour of themes to avoid and alternatives to advance.

Instead of these words and cues:	Try these instead
"Tidal wave," "tsunami," and similarly catastrophic terms for the growing population of older people	Talking affirmatively about changing demographics: "as Americans live longer and healthier lives..."
"Choice," "planning," "control," and other individual determinants of aging outcomes	Emphasizing how to improve social contexts: "Let's find creative solutions to ensure we can all thrive as we age."
"Seniors," "elderly," aging population," and similar "other-ing" terms that stoke stereotypes	Using more neutral ("older people/ Americans") and inclusive ("we" and "us") terminology.
Struggle, "battle," "fight," and similar conflict-oriented words to describe aging experiences	The Building Momentum metaphor: "Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities."
Using the word "ageism" without explanation	Defining "ageism": "Ageism is discrimination against older people due to negative and inaccurate stereotypes."
Making generic appeals to the need to "do something" about aging	Using concrete examples like intergenerational community centers to illustrate inventive solutions

Source: [www.reframingaging.org](http://www.reframingaging.org)

# Healthy Aging



Some general guidelines around recommended tests and screenings for older adults (Sources: [uspreventiveservicetaskforce](#))

Always consult with your healthcare provider for recommendations specific to you.

Adults over 65:

- **Blood pressure** check at least annually. You may need to be checked more often, especially if you have heart disease, kidney problems, are overweight, have a first-degree relative with high blood pressure, are Black, or have had borderline or high readings in the past.
- **Bone density test age 50-70.** Discuss with your provider whether you are at risk for osteoporosis. Risk factors can include: low weight, steroid use (for men), smoking, heavy alcohol use, having a fracture after age 50,

## Over 65 Health Screenings

and a family history of hip fracture or osteoporosis.

- **Cholesterol screening every 5 years.** More often if you have had dietary changes or weight gain or you have a history of high cholesterol, diabetes, heart disease, or kidney problems.
- **Colorectal cancer screening regularly until age 75.** Over 75 talk to your provider about whether you should have an annual stool sample test, possibly with a flexible sigmoidoscopy every 5-10 years, CT colonography every 5 years, or colonoscopy every 10 years. You may need more frequent testing if you have ulcerative colitis, a history of colorectal cancer, or adenomatous polyps.
- **Dental exam** annually or more frequently.
- **Diabetes screening every 3 years.** Possibly more often if you have a relative with diabetes, are overweight, have high blood pressure or heart disease, or are prediabetic.
- **Eye exam every 1-2 years.** Possibly more often if you have vision problems or glaucoma risk. Make sure your exam includes your retinas if you are diabetic.
- **Hearing test** if you have symptoms of hearing loss.
- **Immunizations: Flu shot annually.** Pneumococcal vaccine (check on the new vaccine if it has been several years). Tetanus-diphtheria and acellular pertussis (Tdap) every 10 years.

# Healthy Living

---

Shingles (over age 50), hepatitis B, and Covid vaccines are highly recommended by the CDC.

- **Infectious disease screening** for hepatitis C and HIV at least once in adulthood. Possibly more often depending on lifestyle and medical history.
- **Lung cancer screening annually** if you are 50-80 years old, have a 20+pack/year smoking history, and currently smoke or have quit in the last 15 years.
- **Physical exam** on a regular basis to screen for disease, update vaccines, screen for depression and anxiety, and assess diet and exercise and fall risk, safety issues, and alcohol and drug use
- **Skin cancer exam** annually, especially if you have had skin cancer before, have relatives with skin cancer, or have a weakened immune system.

## Women Over 65:

- **Cervical cancer screening.** It is widely agreed that over age 65, women who have not been diagnosed with cervical cancer or precancer can stop having screenings as long as they: have had 3 consecutive negative Pap tests or 2 consecutive negative Pap and HPV tests within 10 years, and the most recent test occurred within 5 years.
- **Mammogram** every 1-2 years, depending on risk factors, up to age 75. Experts do not agree on the efficacy of breast self-exams, clinical exams, or mammograms after age 75.

## Men Over 65:

- **Abdominal aortic aneurysm screening** at least once if you are 64-75 and have smoked.
- **Prostate cancer screening:** Ages 55-69, ask your provider about the pros and cons of a PSA test. 70 or older, most recommendations are against screening. Testicular self exams are no longer recommended.



The Alameda County Area Agency on Aging, along with the Center for Independent Living and Community Resources for Independent Living has been recognized as an emerging ADRC to promote easy, uniform and streamlined access to a broad array of services, support and advocacy for individuals seeking long-term supports and services (LTSS) and information about LTSS.

# Healthy Living

## Emergency Preparedness

Consider making two kits to have available in easy-to-get-to spots. Each should contain items for your personal and household needs.

1) **HOME OR WORK KIT:** This kit can be in any size container because it will be used at your own home or work.

2) **READY-TO-GO KIT:** This is a small kit you can keep in your car or at work, and should be mobile. The kit should be in an easy-to-carry container with strong straps like a backpack. Keep a three-day supply of food, water and medications.

### YOUR BASIC EMERGENCY KIT SHOULD INCLUDE:

- A 2-week supply of water in sealed, unbreakable containers
- A 2-week supply of food that doesn't need refrigeration
- A manual can opener and basic eating utensils
- A first aid kit
- Toiletries and hand sanitizer
- A 2-week supply of prescription medicines and treatment information
- Extra cash, small bills
- A complete change of clothes
- Emergency blanket
- Copies of important documents (medical records, insurance information, birth certificate etc.)
- Trash bags, duct tape, sheets of plastic, disposable gloves and face masks
- Radio (battery powered, solar or hand crank)
- A charged cell phone that includes "in case of emergency" numbers
- One or more solar energy power banks and charging cables
- A whistle
- A family emergency plan
- Flashlights with fresh batteries (batteries should be stored separately)
- Spare glasses, hearing aids and hearing aid batteries
- If you have pets, include their medications, muzzle, collar and leash, food, and pet waste bags



*Log onto [ready.acgov.org](https://ready.acgov.org) for more tips and information.*



# Elder Abuse Awareness

---



1

- Emotional and Behavioral Signs of Abuse: unusual changes in behavior or sleep; fear or anxiety; isolation or not responsive; depression.
- Physical Signs of Abuse: Broken bones, bruises and welts; cuts, sores or burns; untreated bedsores; torn, stained or bloody underclothing; unexplained STDs, dirtiness, poor nutrition or dehydration; poor living conditions; lack of medical aids (glasses, walker, teeth, hearing aid, medications).
- Financial Signs of Elder Abuse: Unusual changes in bank account or money management; unusual or sudden changes in a will or other financial documents; fraudulent signatures on financial documents; unpaid bills.



2

1. Elder abuse instances happen mostly in the home where the senior lives.
2. 1 in every 10... is the number of elder adults that experience some form of abuse in their lifetime.
3. Finances are at the highest risk. The most common form of abuse is financial exploitation and extortion.
4. 9 out of 10 elder abusers are relatives. In about 90% of elder abuse and neglect incidents, the perpetrator is a family member.
5. Most cases go unreported. Only 1 out of 6 instances of elder abuse is reported to authorities.



3

Bedsore, bruises, or chafing could indicate that your loved one is being restrained to a bed or wheelchair, or otherwise physically abused. If he or she has recently lost weight, malnutrition or dehydration could be at play.

While poor hygiene is also an indicator of possible abuse, also watch for changes in the person's mood. If they seem depressed, anxious, agitated or listless, see if you can discover the reason why.

In short, any changes to an elder's behavior, disposition or physical condition could be cause for concern.

# Programs/Services

---

## The Long-Term Care Ombudsman Program

As long-term care ombudsmen, we are expressed wish advocates for residents in long-term care facilities, protecting their civil and human rights. The long-term care ombudsmen is the only program mandated by law to make regular unannounced visits to facilities, ensuring that residents receive quality care, free from abuse and neglect.

As appointed officials, we investigate an individual's complaints against maladministration, especially that of public authorities. We also provide advocacy services and educational resources to empower residents, their families, and the aging community at large. To do our work, we will:

- Make regular unannounced visits to skilled nursing and licensed board & care facilities, and assisted living facilities.

- Investigate resident complaints, including allegations of abuse and inadequate or dangerous care.
- Improve facility conditions by providing staff trainings.
- Provide information about advanced health care directives and help execute official documents.
- Promote community awareness about aging and long-term care issues through educational workshops.
- Serve as a voice for policy change at the local, state, and national levels.
- Field informational calls from families in distress.

If you or someone you know has a complaint, a question, or needs assistance, we are here to help. Please get in touch with Empowered Aging Ombudsmen by calling (510) 638-6878.

## Senior Friendly Events

---

**The Alameda County Fair** returns starting June 16th. Save with advance purchase discounted tickets. Purchase online or at the gate (card only) Admission: Seniors: \$13 until June 15th | \$15 June 16-July 9 - Parking: \$13 until June 15th | \$15 June 16-July 9th

**Livermore Downtown Street Fest** Sat May 20th & Sun May 21st, in downtown Livermore (between Stockmen's Park and Bankhead

Plaza). Hours are Sat 10AM - 6PM & Sun 10AM - 5PM

**San Leandro Cherry Festival.** Sat June 3rd from 11:00AM to 6:00PM. For details visit the City of San Leandro website at <https://www.sanleandro.org/852/Cherry-Festival>

**St. Patrick's Day Festival** in Dublin with Irish dancing, food and live music, a 5k run and a parade,

Sat March 18th and Sun March 19th. Dublin Civic Center located at 100 Civic Plaza in Dublin.

**The San Ramon Art and Wind Festival** "Let's go fly a kite!" at The San Ramon Art & Wind Festival,. The Art & Wind Festival is scheduled for Sunday and Monday May 28-29, 2023 in San Ramon's Central Park, 12501 Alcosta Boulevard from 11am to 6pm both days.

# Helpful Resources

---

## Statewide Crisis Recovery Resources for All Californians

***If you or someone you know needs resources or trauma support, please share the information below.***

***Don't hesitate to reach out if you need help – there are many FREE resources available, in multiple languages.***

---

- California Victim's Compensation Board (CalVCB) - Assistance can help victims and their families cover payment of medical bills, counseling bills, and more. Learn more at <https://victims.ca.gov/for-victims/victims-of-mass-events/> or call 800-777-9229.
- Friendship Line California - If you or someone you know would benefit from talking with someone, we're here to listen and help, by providing connections through Friendship Line California. Call 888-670-1360.
- CalHOPE - CalHOPE warm line connects callers 24/7 to people who have persevered through struggles with stress, anxiety, depression, and more. Call 833-317-HOPE (4673) for support. Multiple languages are available.
- 988 Suicide & Crisis Lifeline - The 988 Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones. Call or text 988 for help.
- National Council on Aging (NCOA) - The NCOA offers tips and resources for older adults and their caregivers regarding gun violence and trauma at <https://www.ncoa.org/article/older-adult-and-gun-violence-trauma-tips-for-the-aging-network>.
- National Alliance of Mental Illness (NAMI) - NAMI offers its HelpLine, with people available to answer questions, offer support, and provide resources. Call 800-950-NAMI (6264), text "HelpLine" to 62640, or live chat at <https://nami.org/Home>.
- Aging in California Resource Guide - The Guide includes a directory of resources and links to available services in different regions of the state and is available in English, Spanish, Chinese, Vietnamese, and Korean. Download your copy at <https://cadeptofaging-getvaccinated.com/collections/aging-insert-collection>.
- CA vs. Hate Resource Line and Network - The CA vs. Hate Resource Line and Network is available to support individuals and communities targeted for hate. Anyone can report a non-emergency hate incident. Call the Resource Line at 833-8-NO-HATE to speak to a trained civil rights agent (with support in 200 languages) or report an incident online at <https://stophate.calcivilrights.ca.gov/s/> (available in 15 languages).

## Upcoming Meetings

### Advisory Commission on Aging

- Monday April 10, 2023 - 9:15AM
- Monday, May 8, 2023 - 9:15AM
- Monday, June 12, 2023 - 9:15AM

### Roundtable Meetings

- Friday, April 28, 2023 - 10:00AM
- Friday, May 26, 2023 - 10:00AM
- Friday, June 30, 2023 - 10:00AM

Email [aaa@acgov.org](mailto:aaa@acgov.org) for a Zoom link to the meetings.

# ANNOUNCEMENTS

## Connections, Health, Aging and Technology (CHAT)

**The CHAT Program:** This program is intended to bridge the digital divide for older adults and adults with disabilities by providing them with a mobile device (tablet) and offering digital literacy training to increase their access to online resources, information, and social connectivity.

### To be eligible for the CHAT program you must:

- Be 60+ or a dependent disabled adult 18-59
- Not currently own a mobile computerized device
- Be a resident of Alameda County
- Live independently (not in an assisted living facility)
- Agree to participate in surveys

To express interest or make a referral please send an email including name, phone number and language preference to [digitaldivide@acgov.org](mailto:digitaldivide@acgov.org).



## Help Launch the 2024-2028 County Wide Area Plan for Older Adults

Every four years the Area Agency on Aging (AAA) collects data from County of Alameda residents which we use to determine current and future needs of older adults and those who support them. Your participation in the 2023 Senior Needs Assessment Survey will help us direct funding, create service programs, and better utilize technology to help Alameda County's older residents thrive. Your participation in the upcoming survey is vital - more info coming soon!