

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



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Quote of the Day:

"Of all the things that keep people apart or bring them together, ***age is the least important.***" ***Alice H***



GREETINGS FROM THE CHAIR

-Richard White, Advisory Council on Aging, Chairperson

An added "***zing***" usually occurs when we celebrate birthdays and other special events in our lives when a zero is added.

>> Read the full greeting by clicking [HERE](#)



LEGISLATIVE UPDATE

-By Tony Provine, Member / Napa/Solano Advisory Council on Aging

Empowerment is the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights. Advocacy is publicly supporting an issue. When we advocate for better transportation, nutrition, healthcare, and fall-safe homes, we are empowered. We make a difference. These are some of the issues the Advisory Council has been tracking for older adults.

>> Read the ACOA Legislative update by clicking [HERE](#)



FEATURE STORY:

Senior Travel in the Time of COVID-19

-By Donna Altes, member / Napa/Solano Advisory Council on Aging

Senior travel in the time of COVID... desire abounds, but caution prevents...Especially fearful are those seniors who have compromised health issues. Will we ever be on the road again? News is shared of domestic senior travel, but flights still give me "cause for pause."

>> Read the full story by clicking [HERE](#)



IN THE NEWS

AAA Service Providers Distribute Emergency Packs

AAA will distribute over 800 bags in Solano County through our service providers and IHSS workers. Bags are filled with lots of items to support someone for up to four (4) days if electricity goes out. Water, masks, crank radios, dehydrated meals, lights, blankets, collapsible canes, and other items are included.



WHY VOLUNTEER?

I'm Glad you Asked!

- By Susan Ensey, Secretary
Napa/Solano Advisory Council on Aging

I'm sitting in my car at the Kaiser Vallejo parking lot writing this. Chris should be giving me a call anytime now to say she's done with her medical appointment. I'm happy to wait for her. Once on our way back to her home, Chris will thank me again and again. I will tell her she's very welcome and will think to myself that I get just as much out of it as she does, and that this is a good example of the principle that giving and receiving are the same.

“When you give of yourself, you find meaning in your life. When the energy of giving and receiving flows smoothly, we feel loved and supported. Our lives seem abundant and full.” By author Linda Noble Topf

I have been volunteering as a driver with Molly's Angels for several years. I'm retired, have some free time, and I enjoy getting out and chatting with other seniors. Molly's Angels provides a much needed service for older adults in Napa County who need transportation to and from their medical appointments. They send out a list of rides each week and I can sign up based on my schedule and convenience. Most of the rides involve local, short distances, but there is a real need for more transportation for older adults living in remote areas.

Thinking of Volunteering? Raise Your Hand, Make That Call and Get Started!

Visit <https://aaans.org/volunteer> to see this type of volunteer opportunity and many others with organizations that are supported in part by the Napa/Solano Area Agency on Aging.



CALIFORNIA HEALTH ADVOCATES
Medicare: Policy, Advocacy and Education

Every time there's a medical advance, there's a scammer waiting around the corner to exploit it.

The latest growing genetic testing fraud trend focuses on cardiovascular genetic testing. Scammers are offering Medicare beneficiaries genetic testing cheek swabs to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft. The scams may be called many things such as cardio genetic testing; comprehensive cardiovascular panel; hereditary cardiovascular profile.

>> Read the full press release by clicking [HERE](#)



On August 25th, one of the service providers for the Advisory Council on Aging had a well-attended Open House and ribbon cutting at their new location at 162 S. Coombs St., Napa. Founder Yvonne Baginski cut the red ribbon, while Mayor Sedgely and the entire Share the Care Board of Directors presented programs, tours of the free-for-the-asking medical equipment and supplies, and a wonderful talk by the staff Occupational Therapist provided information with handouts for the "Fall Prevention" program. Food, camaraderie, raffle, and giveaways were enjoyed.

Share the Care supports the aging community of Napa Valley. Generous Napans donate gently-used medical supplies/equipment and everyone is eligible to drop in and avail themselves of whatever is in-house at that moment. Share the Care is a wonderful "give and take" program for all! [See what we have to offer.](#)



CREATING AND PROTECTING PASSWORDS

One of the most common ways that bad actors break into computer systems is by guessing passwords. Simple, predictable, and commonly used passwords enable intruders to easily gain access and control of a computing device.

>> Read the full advisory by clicking [HERE](#)



ALZHEIMER'S ISN'T STOPPING AND NEITHER ARE WE JOIN US FOR OUR UPCOMING EVENT!

Solano County Walk to End Alzheimer's
Saturday, October 16, 2021, Harbor Plaza, Suisun City
<http://act.alz.org/solanowalk>

For more info email solanowalk@alz.org or call (925) 269-4302



MEDICAL BASELINE PROGRAM

MORE ENERGY AT OUR LOWEST RATE WITH MEDICAL BASELINE



There is nothing more important than your health. That's why we created the Medical Baseline Allowance program. Specifically designed for households that rely on in-home medical equipment, this program allows you to use more electricity at our lowest rate, which can lower your overall monthly energy costs, assuming consistent electricity use.

A wide range of medical devices and equipment are eligible, so qualifying is easier than ever. Apply today and start saving!

Medical Baseline Program

[Apply for the Medical Baseline Program today](#)

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