

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



AgeWell e-Newsletter | January 2024 | Issue 01 | AgeWell is an ACOA publication

Quote of the Day:

"You have within you, right now, everything you need to deal with whatever the world can throw at you." — **Brian Tracy**

Happy New Year, Feliz Ano Nuevo, Maligayang Bagong Taon, 新年快乐！



GREETINGS FROM THE CHAIR

-Richard White, Advisory Council on Aging, Chairperson

Greetings, *AgeWell* Readers:

The Advisory Council of the Napa/Solano Area Agency on Aging serves in an advisory, planning, and advocacy capacity for older adults, the disabled, and caregivers. A key responsibility of the Council is to seek advice from other senior organizations, elected officials, and the community at large on issues that impact older adults at the national, state, and local levels. The Area

Agency on Aging's four-year **Area Plan** prioritizes four key issues impacting older adults in Napa and Solano counties: transportation, housing, nutrition, and access to services & resources. The Area Plan, along with previous *AgeWell* newsletters, press releases, and the annual calendar can be located online (see how to access below).

Access to services and resources is a regular theme members of the Council hear when they meet with and receive feedback from older adults throughout both counties. "Where do I find this information" or "who and how do I contact for this?" are questions heard quite frequently. Here is how to easily access information about older adult services and resources.

HOW TO ACCESS INFORMATION ABOUT THE AREA AGENCY ON AGING

1. In your browser, click on aaans.org.
2. Take the **Poverty Simulator** test and see the decisions seniors on fixed incomes must make.
3. If needed, click on the language bar and select the correct language from the drop-down menu.
4. Click on **Newsletter**
5. Complete enrollment form if not already registered.
6. Scroll down on same page and click on either Newsletters, Press Releases, or Calendar.
7. Select desired *AgeWell* newsletter or Press Release.
8. Continue scrolling to the bottom of the page and click on **Area Plan** to access document.
9. Share this information with others.

Printed "Service Guides" are also available at all Senior Centers in both counties.

Until next time, be sage and *AgeWell!*



LEGISLATIVE UPDATE

ACOA Legislative Update - January 2024

Submitted by Riitta DeAnda, / Advisory Council on Aging, Co-Chairperson

What we are tracking! Review our 2023 Legislative Update

The 2023 California session is complete and out of over 30 bills that CSL either co-sponsored or supported, 11 made it past the governor and became law. The following is a summary of the new laws. [LAW SUMMARY](#)



The 2023 Legislative Session has concluded, and the Governor has signed a number of bills into law. Justice in Aging has compiled a summary of the legislative bills that impact seniors by MPA goal and the final outcome of each bill. Those bills are identified in the following pages.

[CSL LEGISLATIVE PRIORITIES.](#)

FEATURED STORIES



Submitted by Linda Chandler, member Advisory Council on Aging; Board member, member, volunteer Carquinez Village.

Statistics indicate that most of us as we age would much prefer to remain in our homes and communities as long as we can safely do so. With this idea in mind, the concept of the VILLAGE was borne. Those sixty and over are forming virtual villages all over the United States, with 47 of them in California. In Solano County, there is but one: Carquinez Village. We are virtual in that we have no facility; we are a non-profit membership organization powered by volunteers and presently serve over 150 adults living in Vallejo and Benicia. Members are often volunteers as well, serving as committee members, drivers, callers, and light home and yard maintenance assistants. We do not provide ongoing in-

home caregiving or other services that could displace a full-time worker such as a gardener or live-in assistant.

What we do provide fills hearts and lives. Our offerings during any given month include movie night, potlucks and picnics; trips to symphony and other cultural outings; rides for errands, medical, and social dates; online and in-person courses such as balance classes and brain enrichment. During COVID, we perfected our ability to utilize technology, staving off isolation for anyone we could possibly reach.

As a maturing organization, we connect with our local community services and senior center as well as other civic organizations. We are building partnerships with businesses, higher education, and other non-profits. Our membership with both the national and statewide-Village Movement California- organizations keeps us current and effective as advocates for all issues that impact older adults. And we are growing! What do YOU need to start your own Village? An enthusiastic gathering of older adults who believe that “it takes a village.” Our state association, Village Movement California (villagemovementcalifornia.org) offers an incubator to help you grow, and Carquinez Village (carquinezvillage.org) would be delighted to speak with interested groups in your area and share our experiences and success. Contact us at www.carquinezvillage.org for more information.



AAA Newsletter Caught My Attention

Submitted by Olga Curtright, Advisory Council on Aging (ACOA) Member

As I scrolled one day through my e-mails, several months ago, I came across the Area Agency on Aging (AAA), Napa/Solano County Newsletter. Not sure how the Newsletter made it into my Inbox, but I was intrigued. I wasn't familiar with AAA, but the mission of AAA and the Advisory Council on Aging (ACOA) caught my attention. To advocate, and enhance the quality of life of seniors, is where I wanted to continue to serve in the community, making sure the Hispanic community had access to the information. I have always had a passion for community service, especially working with the older adult population and persons with disabilities.

I retired in San Diego County, where prior to retiring, I volunteered with Sharp HospiceCare, a nonprofit organization for 10 years. Most of the patients I worked with were seniors. I provided caregiver relief, and companionship, and helped with errands. After my retirement, I relocated to Solano County in 2014, where my daughter ended up settling into her career.

The Newsletter also announced that there was an opening on the Advisory Council on Aging (ACOA), which supports the work of the Napa/Solano AAA. I jumped at the opportunity to volunteer and contacted Richard White, Chairperson (ACOA) for more information. I was subsequently selected to be on the Advisory Council, where I currently serve, and some would say with much enthusiasm! Volunteering is awesome! Please look for the opportunity!

Cranky Old Man

When an old man died in the geriatric ward of a nursing home in an Australian country town, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meager possessions. They found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Melbourne. The old man's sole bequest to posterity has since appeared in the Christmas editions of magazines around the country and appearing in mags for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem.

And this old man, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet. AGING MATTERS!

[READ IT HERE](#)



Hermana (Sister) Mary

Submitted by Olga Curtright, Advisory Council on Aging (ACOA) member

My sweet friend Mary, turned 93 in September, a pastor's wife, who knew me as a child and knew my beloved parents. My parents and I attended a small Spanish church in Woodland, CA, where Mary and her husband Ruben pastored.

Mary now lives in a skilled nursing facility in Sacramento County. She is in a wheelchair and requires 24-hour care. Mary had a stroke several years ago, suffers from Dementia, and is battling cancer.

Mary has a son, who oversees her care, however, he recently began having medical issues of his own. Her daughter lives out of state. There is no other family in the area to help with visits, in order for Mary to thrive. The family asked if I could help. I have now been visiting Mary for the past nine (9) months, on a weekly basis. I enjoy the time I spend with her. I help with some Daily Activities and do some memory exercises with her. She remembers me as a child and remembers my parents.

Here's the thing about Mary, her smile touches my heart, she is funny, she loves popcorn, and soft caramel candy, well, anything sweet. Mary plays the piano, the accordion, and guitar. Nowadays, not so much, but I'm encouraging her to try to play the piano in the facility. She also likes to go outside in the courtyard where we play catch, have good conversations (although, her speech is challenged due to the stroke), and sing Spanish Christian songs from my parent's old hymn books. Oh, and she has a beautiful voice!

I look forward to Hermana Mary's weekly visits. Helping others is a blessing!

They call us" The Elderly"

-Author unknown

We were born in the 40-50-60's.
We grew up in the 50-60-70's.
We studied in the 60-70-80's.
We were dating in the 70-80-90's.
We got married and discovered the world in the 70-80-90's.
We venture into the 80-90's.
We stabilized in the 2000s.
We got wiser in the 2010s.
And we are going firmly through and beyond 2020.

[READ MORE](#)

Supporting the Fight Against Alzheimer's

Richard White, Advisory Council on Aging, Chairperson



I attended an outdoor memorial service a few months ago for someone I had never met. Kathleen was sixty-five years old when she passed away in late August; she was diagnosed with Alzheimer's at age fifty-eight. Her two children and several grandchildren stood by her casket as it was lowered into the ground on a bright, sunny afternoon. Pictures of Kathleen at various stages of her life were displayed and family members recalled the struggles and joys shared with Kathleen before the onset of this horrible disease.

I only knew Kathleen from conversations I'd been having with her son over the last several years, conversations that mostly dealt with the devastating emotional and financial impact of caring for someone with a terrible disease who requires around-the-clock attention. Kathleen passed away in late August at a board and care facility, shortly after becoming eligible at age sixty-five for Social Security. During the last several years of her life, Kathleen required constant care. The time, money, effort, and commitment required to care for a loved one suffering from Alzheimer's is enormous, with family members and caregivers often feeling exhausted and desperate.

Unfortunately, Kathleen wasn't sufficiently low-income to qualify for Medi-Cal or Medicaid or sufficiently affluent to pay the cost of full-time care. Consequently, the financial burden fell mostly on her two children, who ensured she was professionally cared for. However, the ongoing financial burden was clear, ongoing, and painful. And, last week, standing by Kathleen's gravesite and watching her son weep over her passing, I caught sight of his face etched with tears and the weight of the emotional loss he and his sister were experiencing. I also hope they felt a sense of relief knowing that their Mom was finally at peace and that they had done all they could to make her last few years, months, weeks, and days as joyful as possible.

Although I've been a member of the Advisory Council to the Napa/Solano Area Agency on Aging for several years, I've never had a relative or friend suffer from Alzheimer's, nor have I ever really spoken with an Alzheimer's patient or cared for someone with the disease. But as a member of the Council, one of our responsibilities is to listen, learn, and advocate for older adults, especially for services, policies, and programs that are needed but not yet offered. The Advisory Council represents the eyes and ears of nearly 120,000 older adults in Solano and Napa counties; our responsibility is to identify, articulate, and advocate for local policies and programs that enhance and protect the safety and dignity of our older adult population.

Kathleen, along with her family, suffered from this terrible disease for seven years. Although tremendous advancements have been made to understand, manage, and cure Alzheimer's, much more needs to be done. One event we can all support in the fight to cure Alzheimer's is the annual **Walk to End Alzheimer's**, usually held in Suisun City in

October. This year, the walk generated nearly \$150,000 in the fight to cure this terrible disease. *AgeWell* will keep you updated as the 2024 walk approaches.

Thanks for listening and *AgeWell*!!

IN THE NEWS



AGING & DISABILITY RESOURCE CENTER IS OPEN!!

The ADRC is now open and is designed as a “one stop shop” to provide unbiased assistance and information to aging adults and those living with disabilities. The goal of the ADRC is to support older adults in maintaining their independence by connecting them with the right resources and support services. As a coordinated entry point, the ADRC is a partnership between the Napa/Solano Area Agency on Aging (AAA) and the Independent Living Resource of Solano and Contra Costa counties (ILRSCC). All services are provided at no charge to Solano County residents.

Here are the services offered by the ADRC:

- Information and assistance
- Long-term services & support options counselling
- Short-term coordination (urgent access)
- Transition assistance, e.g. hospital to home

Here's how to contact the ADRC & the hours of operation:

ADRC
490 Chadbourne Road, Suite B, Fairfield, CA., 94533
707-200-7116
Monday-Friday
9 am – 5 pm

ADRC www.adrcsolano.org
AAA www.aaans.org
Solano Cares www.solanocares.org

Happening Now! **Medicare Advantage Open Enrollment Period**



HICAP
Medicare Health Insurance
Counseling & Advocacy Program

January 1 through March 31st

- Beneficiaries enrolled in Medicare Advantage Plans may make one change:
 - Switch between MA Plans or
 - Switch to Original Medicare with or without Part D
- Change is effective the 1st of the following month

To learn more:

Contact your local HICAP office today

1-800-526-4108

<https://senioradvocacyservices.org/hicap/>

Care Management 101

The Value of Aging Life Care Management



Aging Life Care Management is a relatively unknown resource, but the need for this type of support is growing within our aging population. This presentation will focus on summarizing the roles and responsibilities of a Care Manager, provide insights into when Care Management should be considered, and detail specific situations that would benefit from professional Care Management intervention. By attending, participants will gain a better understanding of the profound benefits Care Management provides.

REM Senior Day Program:
3770 Vaca Valley Pkwy Suite B, Vacaville 95688



Space limited, email maureen@eldercm.com by 1/12/24 to reserve your seat.



www.eldercm.com
info@eldercm.com
(707) 615-4422



Solano Connected

Connecting Communities, Empowering Lives

POP-UP LOCATIONS FOR FREE SUPPORT & RESOURCES

VACAVILLE

TUESDAYS: 12:00PM-3:00pm
Town Square Library
1 Town Square Place

VALLEJO

WEDNESDAYS: 12:00PM-3:00pm
John F. Kennedy Library
505 Santa Clara Street

FAIRFIELD

THURSDAYS: 12:30pm-3:30pm
Civic Center Library
1150 Kentucky Street

Visit connected.solanocounty.com for more information

FREE services aimed at empowering you to navigate confidently in today's digital world and enhancing your employability.

- ✓ **Training and Workshops:** Hands-on sessions teaching essential digital skills.
- ✓ **One-on-One Coaching:** Personalized guidance and support tailored specifically to your needs.
- ✓ **Tech Support and Troubleshooting:** Assistance in resolving any technical issues you may encounter.
- ✓ **Digital Literacy Resources:** Access to a library of self-learning materials.

Need Help or Have Questions?

English & Spanish Support Available:



PHONE SUPPORT:
510-866-2256
Monday-Friday
10:00am-4:00pm

EMAIL: solanoconnected@techexchange.org

An ARPA-Funded project made possible by Solano County - Project Number 35-521-010/TBBS

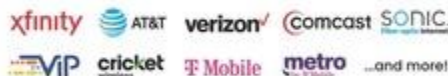


Tech Exchange



SOLANO COUNTY RESIDENTS:

Sign up for the Affordable Connectivity Program (ACP) and **SAVE \$30 EVERY MONTH** on plans from every major internet company.



EXAMPLE OF SAVINGS WITH ACP:

<p>internet>> essentials <small>from comcast</small></p> <p>100 MBPS Plan \$30 ACP Discount - \$30 FREE INTERNET = \$0</p> <p>100 MBPS Speed</p> <p>(844) 389-4685</p>	<p>AT&T</p> <p>100 MBPS Plan \$30 ACP Discount - \$30 FREE INTERNET = \$0</p> <p>100 MBPS Speed</p> <p>(800) 288-2020</p>
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Terms and conditions apply. Service not available in all areas.

THIS INFORMATION CAN PAY YOU

\$30 EVERY MONTH

TOWARD YOUR NEW OR EXISTING INTERNET BILL

Need help signing up?

Visit a Solano Connected location for FREE support. See above for information about our pop-up locations.

Introducing Solano Connected: Bridging the Digital Divide in Solano County!

We are thrilled to announce the launch of Solano Connected, an initiative by Tech Exchange in collaboration with Solano County. Our mission is to bridge the digital divide and ensure that all families in Solano County have access to computers, internet connectivity, and the necessary technology skills to enhance their lives.

[More Information](#)

Solano Master Plan for Aging

TO ADDRESS THE NEEDS OF OLDER AND DISABLED ADULTS

MEETING OVERVIEW

- Learn about Solano's process for developing a Master Plan for Aging that addresses the needs of older and disabled adults.
- Review local data about older and disabled adults.
- Learn how to apply for Solano's Master Plan for Aging Advisory Committee.
- Explore ways you can get involved in this exciting, important, and worthwhile process.



Don't miss this chance to contribute to the discussion, share your insights, and help us make our community a more inclusive place for all ages.

January 30th | 9:30–11:30 am

**Solano County Events Center
Conference Room A
601 Texas Street | Fairfield**



CLICK HERE, scan the QR code, or visit www.mpasolano.org to REGISTER for this event!



(707) 766-0192
info@innovativehealths.com
innovativehealths.com | aaans.org



INNOVATIVE
HEALTH
SOLUTIONS



Charting Lifelong Livability: Together, We're Creating a Community for All Ages & Stages



Do you know how to stop scammers?

Scam artists are in Solano County and they're throwing everything they've got at us. With the advent of new technologies—including images and voices generated by Artificial Intelligence—sophisticated fraudsters are able and willing to do nearly anything for a quick buck, from down the street or across the globe. *Are you prepared to fight back?*

To help you do just that, *Solano County's Older & Disabled Adult Services (ODAS)* has launched the [Solano Senior Fraud Prevention Center](#), a repository for all the information residents might need to prevent financial elder abuse, empower seniors and stop scammers in their tracks.

There, you'll learn the key signs you might be the target of a scammer: Is someone giving you a threat? Are they pushing you to do something costly or asking you to provide private information? Is there a tight deadline or an unbelievable offer? Does that image look a little off—or does that voice sound a bit robotic? If you answered yes to at least one, delete that email, log-off or hang-up!

To learn more signs or report a crime visit [SolanoScamCenter.org](https://www.solanoscamcenter.org) today.

Survey of LGBTQIA+ Older Adults in California

The California Department of Aging (CDA) is supporting research partners and a statewide coalition of LGBTQIA+ community-based organizations to design and launch California's first statewide survey documenting the needs, hopes and priorities of mid-life and older LGBTQIA+ residents across the state.

For more information, or to take the survey, click [here](#).



NO COST!!!

- 3-WEEK CLASS
- OPEN TO ADULTS
(no children please)

BASIC COMPUTER SKILLS CLASSES

Topics:

- Basic Computer
- Internet Basics
- Using Email

America's **JobCenter**
of California

Where: 500 Chadbourne Rd,
Fairfield CA 94534

When: Tuesdays & Thursdays

Time: 3:30pm - 5:00pm

For more info contact:

Sheryl Cutler

707.863.3598

scutler@solanowdb.org

The WDB is an EO/AA/ADA Employer/Program. TDD Relay #1-800-0735-2922. Auxiliary Aids and Services are available upon sufficient notice to individuals with disabilities.

The Solano Workforce Development Board and America's Job Center California are partnering to provide basic computer skills classes that will review basic computer, internet basics and using email.

The classes will take place from 3:30 to 5pm, Tuesdays and Thursdays, 500 Chadbourne Road in Fairfield.

For more information, contact Sheryl Cutler at (707) 863-3598 or at scutler@solanowdb.org.

FOR A HEALTHIER YOU

Apple Fritter Loaf Recipe

Shared by Fern Yaffa, ACOA, member.

This is a wonderful loaf to serve for breakfast or an afternoon treat with your favorite warm drink. Share some with a family member, friend or neighbor." It is healthy with smaller amounts of sugar than many recipes. I use Granny Smith apples and 1 1/2 apples instead of 2. Nutrition information is included for you.

Apple fritter loaf

Author: Drizzle

Recipe type: Baking

Prep time: 15 mins Cook time: 50 mins Total time: 1 hour 5 mins

Serves: 10

4SP blue & purple, 5SP green, 3PP

Ingredients

- ¼ cup + 3 Tbsp brown sugar (packed)
- 2 tsp cinnamon
- 2 apples, peeled and diced (any apples are fine, I used granny smith)
- ¼ cup unsweetened apple sauce
- 2 eggs
- 1 tsp vanilla
- 1½ cup flour
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ cup milk (I used 1%)
- FOR ICING GLAZE
- 2 Tbsp icing sugar (confectionery sugar)
- ½ Tbsp milk

Instructions

1. Preheat oven to 375F and spray a regular size loaf pan with some non stick spray.
2. In a small bowl mix your 3 Tbsp of brown sugar and 1 tsp of cinnamon together and set aside.
3. Peel and dice your apples into small pieces, mix in a bowl with your remaining 1 tsp of cinnamon.
4. In a medium bowl whisk your eggs and mix in your ¼ cup brown sugar. Stir in apple sauce, vanilla and milk. Mix well.
5. Fold in your flour, baking soda and powder.
6. Pour half of your batter into your loaf pan, top with ½ of your diced apple mixture and lightly press into batter, sprinkle half of your brown sugar mixture on. Top with remaining batter, apples and sugar mixture..
7. Bake in oven for 50 minutes and make sure loaf is baked through.
8. Let cool for at least 45 minutes before removing from pan.
9. For glaze mix your icing sugar and ½ Tbsp of milk together and drizzle with a spoon over top of loaf (optional to add the glaze but adds a nice sweetness) I don't think points will change if you don't use the glaze.. Cut into 10 slices.
10. Store in sealed container, move to fridge after day 1. Makes 10 slices at 4 smart points on blue & purple and 5SP on green per slice (3 points plus)
11. Nutritional info (not incl apples because on WW we don't add points for fruit) Calories 128...Fat 1.3g...Sat fat 0.4g... Carbs 25.3g... Fiber 0.5g... Sugars 13.4g...Protein 3.2g

Recipe by Drizzle Me Skinny! at <https://drizzlemeskiny.com/apple-fritter-loaf/>

Napa/Solano Area Agency on Aging
275 Beck Ave., Fairfield, CA 94533
(707) 784-8960

Contact Us