

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



AgeWell e-Newsletter | October 2023 | Issue 04 | AgeWell is an ACOA publication

Quote of the Day:

"You miss 100% of the shots you don't take." - **Wayne Gretsky**



GREETINGS FROM THE CHAIR

-Richard White, Advisory Council on Aging, Chairperson

Welcome!

Welcome, dear reader, and thanks for taking a few minutes to read AgeWell, a quarterly newsletter filled with information and insights on issues, challenges, and opportunities confronting our communities' older adult and disabled populations, as well as families and caregivers. With administrative and technical support from Solano and Napa counties,

AgeWell is a publication of the Advisory Council to the Napa/Solano Area Agency on Aging. The Council itself is comprised of sixteen members, half representing each county, appointed by the respective Boards of Supervisors.

In our last issue I mentioned a few initiatives that the Advisory Council has been working. One of those initiatives was a Congregate Meal Attendance Study. The Council wanted to know what meal providers and Senior Centers in both Napa and Solano Counties were planning to do to reinvigorate their congregate lunch programs to pre-COVID levels. A key part of the study was for various Council members to visit each of the six Senior Centers in Solano County and one in Napa County, eat lunch, engage other lunch patrons in conversations, and listen. Read our first report on the [Advisory Council Visits Congregate Meal Sites](#).



LEGISLATIVE UPDATE

ACOA Legislative Update - October 2023

What we are tracking!

No bills have yet been presented to the Advisory Council for support. Any person may request that the Advisory Council consider support of any relevant bill.

IN THE NEWS



Solano Connected Digital Equity Consortium

Marisa Cumpian, PW Sr. Management Analyst, and Shawn Smith, IT Sr. Management Analyst represented the City of Fairfield at the Solano Connected Digital Equity Consortium kick-off meeting. Participants discussed digital equity

programs and initiatives tailored for Solano County and began the work of establishing subcommittees and working groups to accomplish this important work regionally. The photo includes Supervisor Monica Brown, Elaine Clark, Executive Director of the Napa/Solano Area Agency on Aging (AAA), and Advisory Council Members Riitta DeAnda, and Cheryl Johnson who attended and will volunteer to participate in ongoing workgroups.



FBI Warns Public Against 'The Phantom Hacker' Scam

By Gabe Agcaoili | Bay City News • Published October 3, 2023 • Updated on October 3, 2023 at 12:57 pm

The FBI's San Francisco office warned the public against a new scam called "The Phantom Hacker" that targets older adults.

In the new scam, swindlers pretend to be tech support staff, bank employees, and government officials and contact older adults to deceive them into thinking that foreign hackers have infiltrated their financial account, the FBI said in an advisory.

Federal agents said the scam works in three steps. [Read more on how to protect yourself.](#)



**Solano County, you
have the power to
stop scammers.**



**VISIT THE SOLANO
SENIOR FRAUD CENTER**

Sponsored by Solano County Older & Disabled Adult Services (ODAS)

Solano's Senior Fraud Prevention Center is Here to Help You Fight Scammers

Scammers are everywhere—including Solano and Napa County—and they're more clever than ever. With the advent of new technologies, 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. This new resource, launched earlier this year, is available online now.

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? If you answered yes to at least one, delete that email or hang-up!

To learn more signs or report a crime visit SolanoScamCenter.org today.



Safest way to mail a check, according to U.S. Postal Service

Some pens are better than others if you're writing a check that will be mailed.

The check is in the mail. You've probably said – or heard - that phrase at some point in your life.

But have you ever sent a check that was cashed but the recipient said it never arrived? If so, you may be the victim of check washing.

[According to the U.S. Postal Inspection Service](#), check washing scams involve changing the payee names and often the dollar amounts on checks and fraudulently depositing them. Occasionally, the checks are stolen from mailboxes and washed in chemicals to remove the ink though some scammers even go as far as using copiers or scanners to print fake copies of the document.

In all, postal inspectors recovered more than \$1 billion in counterfeit checks and money orders every year. But there are things you can do to protect yourself and your money.

[READ MORE: Post office has a new warning on what you should not mail](#)

Safest way to mail a check

Ryan Moody, the senior vice president of payments product management at the marketing solutions firm Vericast, [told FederalNewsNetwork.com](#) officials are doing everything they can to combat mail theft but there are steps individuals can take as well, including one as simple as using a gel pen to fill out checks they plan to mail.

Gel pens are harder for fraudsters to change because of the way the ink is absorbed into the paper, he said.

“When those chemicals get applied to a check that has that ink absorbed into the paper, those chemicals don’t stand much of a chance against that, so it’s very easy to see that check has been modified,” Moody said.

Postal Inspector Michael Martel said individuals can also prevent mail theft by not leaving uncollected letters in their mailbox for long periods of time or mailing checks at a post office as opposed to leaving in a box. People are also urged to track the status of incoming mail using [Informed Delivery](#) which sends a daily email with info on mail and packages they are to receive that day.

What is the Affordable Connectivity Program (ACP)?

The Affordable Connectivity Program, or ACP, is a government benefit program that aims to bridge the digital divide by making internet services and connected devices more accessible to those in need. Seniors can greatly benefit from this program, as it provides valuable assistance.



Reliable internet service is essential for connecting to friends, families, and the world. We use the internet for medical appointments, job searches, and keeping in touch. The ACP program helps defray monthly fees for low income households.

Both Napa and Solano Counties are assisting seniors in determining eligibility and signing up for the program. Your household may be eligible to receive a monthly discount on a new or existing internet service plan with the Affordable Connectivity Program (ACP). [Get more information and to check eligibility.](#)

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit alz.org/walk for more information about this year's event and to register.



ALZHEIMER'S ISN'T STOPPING AND NEITHER ARE WE

JOIN THE WALK TO END ALZHEIMER'S

Solano County Walk to End Alzheimer's
Saturday, October 21, 2023

Harbor Plaza, Suisun City, CA
Register your team at [Alz Solano Walk](https://alz.org/walk)

For more info email solanowalk@alz.org

DONATE



DIA DE LOS MUERTOS

Día de los Muertos is a traditional Mexican holiday that we wish to honor. Everyone is welcome to attend and participate in this cultural event. Bring photos to decorate an altar; candles and marigolds provided. Enjoy music by local band, Los Cochinos, plus folklorico dance by Dazantes Unidos. Food and non-food vendors on-site as well.

**Thursday, November 2, 2023
6:00-7:30pm at Andrews Park • FREE event**

Vendor Information:

If you are interested in becoming a vendor, please contact Kristin Milliken at 707-469-6685 or by email at specialevents@cityofvacaville.com.

Food and Non-food vendor application -- [Here](#)

Solicitud de vendedor de alimentos Y Vendedor de productos -- [Aqui](#)

Come have a good time and learn about the cultural aspects of this celebration in a respectful manner!

ARE YOU DRIVEN TO VOLUNTEER?



VOLUNTEERS NEEDED TO ASSIST SENIORS

Volunteers are needed to provide rides to Solano County seniors, run errands, and assist with grocery shopping. Now more than ever, it is important to help our senior neighbors.



**CALL (707) 469-6675
TO LEARN MORE**



Visit us on Facebook and Instagram!



Overview of THE CALIFORNIA MASTER PLAN FOR AGING

with Susan DeMarois, Director California Department of Aging



Program Includes

- Presentations from neighboring jurisdictions and how they approach implementing the Master Plan for Aging in their local communities
- Overview of Solano County's Older Disabled & Adult Services and the newly awarded Local Aging & Disability Action Planning Grant

Join Us

**WEDNESDAY,
OCT. 18, 2023**

Registration & Refreshments:
9 AM

Program:
9:30 AM - 12:00 PM

Location:
Joseph A Nelson
Community Center
611 Village Drive, Suisun City

California for All Ages: WHY A MASTER PLAN FOR AGING?

Aging is changing, and it's changing California. California's over-60 population is projected to diversify and grow faster than any other age group. By 2030, 10.8 million Californians will be an older adult, making up one-quarter of the state's population.

Master Plan for Aging: **5 BOLD GOALS FOR 2030**



GOAL ONE: Housing for All Stages & Ages



GOAL TWO: Health Reimagined



GOAL THREE: Inclusion & Equity, Not Isolation



GOAL FOUR: Caregiving That Works



GOAL FIVE: Affording Aging



TO REGISTER, SCAN THE QR CODE OR CONTACT:

✉ tstacy@choiceinaging.org

☎ 707-628-9805





RED FLAG WARNINGS



A **Red Flag Warning** is the highest fire alert. It's issued when there is an increased chance of fire and when conditions exist that can cause extreme fire behavior. For more tips visit: readyforwildfire.org

Have a safety plan for your family and take the following precautions:



1. Fuel up your car and park it outside of your garage in the direction of your evacuation route



2. Check your **GO BAG** for essentials and place it where it is easy to grab



3. Make sure you have essentials like medications and important documents



4. Have a crank radio and flashlight with extra batteries handy
***DO NOT USE CANDLES**



5. Have water and ice ready (freeze water bottles as ice packs)



6. KVON: **96.9 FM** Radio *ESP
KBBF: **89.1 FM** Radio *ESP
KVYN: **99.3 FM** Radio *ENG
Calistoga Station **1670 AM**



7. Charge your phone and any other communication devices



8. Test back up power sources such as batteries and generators



9. Check on your neighbors, especially older people or those with disabilities
***See Napa COAD's Meet Your Neighbor Program for more info**
(napavalleycoad.org/myn/)



10. Move debris and flammable items away from the exterior of your home

PUBLIC SAFETY POWER SHUTOFFS

Public Safety Power Shutoffs (PSPS) are called by PG&E to proactively shut off power to reduce fire risk under certain weather conditions. PSPS events often coincide with Red Flag Warnings because the conditions are heightened for fire danger.

To prepare, take the same precautions noted above for the Red Flag warning.

For extra help due to a disability or dependency on **durable medical equipment**, visit: disabilitydisasteraccess.org

To sign up for PG&E's **Medical Baseline Program**: Call 1-800-743-5000 OR visit pge.com/medicalbaseline

For more information visit:

pge.com/weather - To see if a PSPS is in the forecast

pge.com/addressalerts - Alerts for non-account holders

safetyactioncenter.pge.com - For preparedness information

pge.com/backuppower - For backup power options and safety tips



For additional preparedness information and resources visit: readynapacounty.org
and napavalleycoad.org/preparedness-calendar



FEATURED STORIES



Age Well: Rainbow Seniors

-By Donna Harris, Member / Napa/Solano Advisory Council on Aging

Every other Friday a group of about 20 or so Seniors gather for a catered luncheon and [socializing] at the Solano Pride Center. We come from all over Solano County, and some from a bit beyond. Most of us fall somewhere on the LGBTQ spectrum, but some members are wonderful allies. And some come once in a while just to open their horizons and meet us. All are welcome!

Many of our get-togethers are simply social, chatting with a variety of friends we may not see every day. We also have time to share with the whole group how we're feeling & what we've been doing lately. We sometimes have speakers with timely information for our age. Some recent topics have been fraud, identity theft, fall prevention, healthier living, living trusts, etc. Or we might just relax and work on an art project! [Read more of the story.](#)



Dr. Blues Continues

by Alan Werblin / Napa/Solano Advisory Council on Aging

After I finished medical school, I began a medical internship at Highland Hospital in Oakland, the Alameda County Medical Center. Although the life of an intern, especially at that time, was difficult and involved long hours, I restarted my music career as Dr. Blues and found that I had a captive audience: all the employees of the Hospital!!! Prior to each gig I would design, make, and print 100's of flyers advertising the upcoming date and Scotch tape them all around the hospital. Consequently, I usually had a large and enthusiastic crowd present. My band at the time included Carl "Good Rockin'" Robinson on guitar, Bruce Williamson on keys, Greg Nottage on bass, and either Lee Hildebrand or Cottie James on drums. We continued to play at the Deluxe in West Oakland, and Your Place in Berkeley but started to get bigger gigs at Larry Blake's in Berkeley and private house parties.

[Read more of the story HERE.](#)

FOR A HEALTHIER YOU - MIND AND BODY

50 Ways to Take a Break

REST

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Put a Kite
- Watch the stars
- Write a Letter
- Learn something **NEW**
- Listen to a guided relaxation
- Read a Book
- sit in **NATURE**
- 2x Move twice as slowly

MEDITATE

- Take Deep Belly Breaths
- Notice your Body
- Call a Friend
- Meander around Town
- Buy Some Flowers
- Find a relaxing scent
- WRITE in a journal
- WALK OUTSIDE
- Go for a run
- Take a bike ride
- View some ART
- CREATE your own coffee break
- read or watch something **FUNNY**

SILENCE

- Eat a meal in **SILENCE**
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Engage in small acts of **KINDNESS**
- Examine an everyday object with Fresh Eyes
- Drive somewhere **NEW**
- Go to a Farmer's Market
- Forgive Someone
- Let go of something

COLOR

- Color with Crayons
- Make some **MUSIC**
- Climb a Tree
- Let go of something
- Engage in small acts of **KINDNESS**
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and **DANCE**
- Give Thanks

© 2011 by Todd Hanson www.dreambig.com

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

Seniors, age 60 and over, who are:

- concerned about falls
- interested in improving balance, flexibility and strength
- who have fallen in the past
- who have limited activities due to a fear of falling

Where: McBride Center:
91 Town Square Pl. Vacaville

When: Wednesday and Thursdays
October 4, 5, 11, 12, 18, 19, 25, 26

Time: 1:30-3:30 PM

Through the support of our sponsor,
there is no cost for this class.

**For more information, contact Wil Ford
Falls Prevention Trainer
(707) 372-7011**

fptrainer@faithinactionsolano.org



A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



PAWS PROGRAM

The PAWS (Pets Assisting the Well-being of Seniors) Program offers free supplemental pet food and flea medicine for qualified seniors.

We understand that pets can provide much needed companionship and reduce loneliness that our clients may experience. Pets help provide emotional support and promote physical health and activity. We understand that many of our clients are on a fixed income. We want to help our clients enjoy their pets without the stress of added expenses.

**IF YOU ARE INTERESTED IN BEING A
RECIPIENT OF THE PAWS PROGRAM, YOU
CAN CONTACT MEALS ON WHEELS BY:
CALLING US AT: 707-425-0638 EXT.4
EMAIL US AT: MHOULE@MOWSC.ORG**



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

[Contact Us](#)



Update your subscriptions, modify your password or e-mail address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your e-mail address to log in. If you have questions or problems with the subscription service, please contact subscriberhelp.govdelivery.com.

This service is provided to you at no charge by Solano County. Visit us on the web at [Solano County](#).

This email was sent to Email Address using GovDelivery Communications Cloud on behalf of: Solano County, California · 675 Texas Street Suite 3700 · Fairfield, CA 94533 · 707-784-3487



[EXTERNAL Email Notice!] External communication is important to us. Be cautious of phishing attempts. Do not click or open suspicious links or attachments.