



**AREA AGENCY ON AGING**  
*assistance ► advocacy ► answers*

AgeWell e-Newsletter | March Issue 02 | AgeWell is an ACOA Publication

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**Quote of the Day:** *“The most memorable people in life will be the friends who loved you when you weren't very lovable”.* — **Winnie the Pooh**

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**NOTES FROM THE CHAIR – MARCH 2025**

*Richard White, Chair*

I recently attended a webinar sponsored by the Public Policy Institute of California (PPIC). The webinar highlighted its report on “California’s Aging Population”, which anticipates “dramatic growth in the number of older Californians” over the next fifteen years. Backed by data, the thirty-page report predicts “dramatic growth” for those 65 or older, with the largest increases in the following age categories: 70-74 (33%), 75-79 (87%), 80-84 (131%), 85-89 (132%), and 90+ (138%). The full report can be accessed here:

<https://www.ppic.org/publication/californias-aging-population>

The report states that “the vast majority (70%) of older adults are projected to be homeowners.” This high rate of ownership affords a greater degree of housing stability for most older adults but it’s not a guarantee of continued financial security. In addition, with many of us wanting to age-in-place and no longer physically able to care for our homes, new and innovative in-home support services and modifications must be part of all fall prevention and/or home improvement programs, across all communities. Examples of modifications could include: gutter cleaning, window washing, landscape services, roof repair, improved lighting, minor hardware replacement, plumbing & electrical services, etc.

Renters, however, will face a higher level of housing insecurity due to a combination of low incomes and higher housing costs.

[Read More](#)

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### **The Advisory Council on Aging**

The Advisory Council to the Napa/Solano Area Agency on Aging serves in an advisory, planning, and advocacy capacity for older adults, the differently abled, and caregivers. The Council actively seeks advice from the public, other older adult advocacy organizations, and elected officials and is charged with providing information, identifying issues of concern, and advocating to address service gaps service gaps.

The Advisory Council on Aging meetings are open to the public. For the full meeting schedule and locations, visit the [aaans.org](http://aaans.org) website. We look forward to seeing you!!



The Advisory Council on Aging (ACO) members shown here, Sandy Stevens, Olga Curtright, and Riitta DeAnda, play a crucial role in supporting and advocating for older adults in our communities. One of the council's effective strategies for raising awareness and engaging the public is by tabling at local community events. These tables serve as an accessible point of information for individuals seeking resources, guidance, and support regarding aging-related topics.

The presence of ACOA at community gatherings fosters direct engagement with the public, helping to bridge the gap between services and the people who need them most. Look for us at health fairs and other events where we connect directly with attendees, offering guidance and raising awareness about aging-related issues. This outreach helps ensure seniors and their families are informed and empowered to navigate the aging process.

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## Legislative Update



### What we are watching!

See the ACOA March 2025 Legislative Report [Here](#)

See the list of bills being put forward by our local state legislators:

[State Senator Cabaldon](#)

[Assemblymember Aguiar-Curry](#)

[Assemblymember Wilson](#)

All bills can be viewed in detail at [Leg Info](#).



**CALIFORNIA SENIOR LEGISLATURE**

**2025 Sponsored Bills/Top Priorities**

Last October, the California Senior Legislature (CSL), a leading advocacy voice for the state's nearly seven million older adults, evaluated twenty-one legislative proposals submitted by its members and, after rigorous discussion and debate, selected nine as the organization's 2025 top priority proposals to present to state legislators, asking for their support and sponsorship.

CSL members invested time and energy in December and January by contacting each state Senator and Assembly Member's office scheduling virtual and in-person meetings to discuss aging and long-term care policy and reviewing each of the nine priority proposals.

I am pleased to report that **three** CSL proposals received support and will move through the legislative cycle. Links to each successful proposal are included in report [attached here](#). The three proposals are:

SB508 Senator Valladares - Telehealth Services

SB239 Senator Arrequin - Open Meetings

Budget ASM Ahrens - Personal Needs Allowance

Included with the report are two other bills the CSL supports:

AB1 ASM Connolly Wildfire Risk - Residential

SB242 Senator Blakespear - Medicare Coverage: Enrollment

**AgeWell** will continue to keep its readers updated on key legislation impacting older adults, the differently abled, and caregivers as the legislative year unfolds.

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# JUSTICE IN AGING

FIGHTING SENIOR POVERTY THROUGH LAW

Justice in Aging is a national organization that uses the power of law to fight senior poverty by securing access to affordable health care, economic security, and the courts for older adults with limited resources.

### **Medicaid on the Chopping Block: Advocacy Updates**

**When: Tuesday, March 25, 2025, at 12:00 p.m. - 12:45 p.m. PT/3:00 p.m. - 3:45 p.m. ET**

The House and Senate have voted on their respective budget resolutions, showing their intention to move forward with legislation to enact massive cuts to Medicaid. While the votes approving these resolutions shows how serious the threats are, the fight to protect Medicaid is far from over.

As the House and Senate try to reconcile their very different budget frameworks and the policy specifics start to emerge, Justice in Aging is making sure advocates for older adults have the knowledge and tools necessary to defend Medicaid from any cuts.

This webinar, [Medicaid on the Chopping Block: Advocacy Updates](#), will discuss the state of play and new research about what is at risk for older adults if policymakers cut Medicaid. Presenters will share insights about effective advocacy strategies and resources that attendees can use in their own states and communities. **Click for more information.**

[REGISTER HERE](#)

### **Justice in Aging's 2025 Legislative and Budget Priorities for California**

For 2025, Justice in Aging has prioritized these key legislative and budget proposals. These proposals span our issue areas of health and long-term care, housing, economic security, and elder justice, and advance several of the goals of the Master Plan for Aging. See the [FACT SHEET HERE](#).

## **Cutting Medicaid Harms Older Adults No Matter How It's Sliced Medicaid Is a Lifeline for Older Adults**

Nearly 80 million people, including over 7 million seniors, rely on Medicaid for health and long-term care. Without Medicaid, most older adults who need help with daily activities would not be able to afford home-based or nursing facility care. Medicaid helps millions of older adults pay their Medicare cost-sharing and also covers vital benefits that Medicare does not, such as dental, vision, hearing, and non-emergency medical transportation. Many paid and unpaid caregivers for older adults also rely on Medicaid for their own health coverage. See the [FACT SHEET](#).

Learn more about Justice in Aging California [HERE](#)

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### **In the News**

#### **Behavioral Health Resource Fair**

Mark your calendars! **Solano County Behavioral Health** is hosting a Resource Fair on **Friday, May 9th, from 10AM to 2PM** at 601 Texas Street, Fairfield. This outdoor event will bring together a variety of organizations that are eager to share valuable resources and support with the community. We invite local organizations to participate—it's a great opportunity to connect with the public and showcase your services. For inquiries or to apply, please contact [WRU@solanocounty.gov](mailto:WRU@solanocounty.gov). Don't wait—the **application deadline is April 11th**.



FEDERAL TRADE COMMISSION  
**CONSUMER ADVICE**

## Consumer Alert

### Did someone use your SSN to file taxes? Here's what to do

By BCP Staff

February 20, 2025

If you're filing your taxes online this year, watch for signs of tax identity theft, like someone using your Social Security number (SSN) to file and claim a tax refund. One way you'll know is if the IRS rejects your tax return once you file. Learn to protect yourself while filing online and what to do if someone steals your tax refund.

If you use tax preparation software like TurboTax, H&R Block, TaxAct, or TaxSlayer, protect your accounts by using [two-factor authentication](#). Requiring two or more credentials to log in makes it harder for scammers to get into your account, even if they get your username and password. And always file early, if you can — before anyone else files using your personal information.

But even if you're careful, someone might still [use your SSN to steal your refund](#). Now, if the IRS rejects the tax return you submitted online or through a tax preparer, it could just mean missing or incorrect information. But if the IRS says there's more than one tax return filed in your name or they see income from an employer you know you don't work for, that's identity theft. Don't panic — but do act quickly to communicate with the IRS. Here's how:

1. **Report it to [IdentityTheft.gov](#)** using as many details as possible. The site will create an FTC Identity Theft Report, an IRS Identity Theft Affidavit, and a personal recovery plan.
2. **Submit your IRS Identity Theft Affidavit** through IdentityTheft.gov. This tells the IRS to begin investigating your case. Or get the [Identity Theft Affidavit](#) (IRS Form 14039) and submit it by mail.
3. **Follow the steps in your personal recovery plan** — like [freezing your credit](#) and [checking your credit reports](#) — to limit the damage identity theft causes.



Share [IdentityTheft.gov/Steps](https://IdentityTheft.gov/Steps) with friends and loved ones to help them protect their personal information and stay ahead of identity thieves.

See more at [Consumer Advice | Federal Trade Commission](#)

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### Save the Date!

Join Fair Housing Advocates of Northern California for an impactful day of learning and collaboration at the 2025 Virtual Fair Housing Conference. The conference will explore strategies to promote housing equity, highlight proactive policies to revitalize fair housing efforts, and address critical challenges in the fair housing landscape.

### Date & Time:

**Wednesday, April 23, 2025**

**9:00 AM - 1:30 PM PST**

**FOR SPONSORSHIP OPPORTUNITIES, CONTACT:**

[AUDREY@FAIRHOUSINGNORCAL.ORG](mailto:AUDREY@FAIRHOUSINGNORCAL.ORG)

**Pre-registration will be required.** More information to come soon!

*Scholarships are available upon request.*

*For more information, to request a scholarship, or for any special needs, please contact: [adriana@fairhousingnorcal.org](mailto:adriana@fairhousingnorcal.org)*

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## **AARP ranked the best places for older Americans — the top one is in the Bay Area**

*By [Jessica Roy](#), Personal Finance Columnist SF Chronicle Updated March 6, 2025 3:38 p.m.*

What's the best big city for older Americans to live in? According to the AARP, it's San Francisco.

The [AARP's Public Policy Institute's Livability Index Platform](#) measures every neighborhood in America across 61 indicators of livability across seven categories. The AARP broke up the rankings by community size — small, midsize, large and very large, where San Francisco landed in the top spot. Most of the places listed are cities, though the AARP also indexes counties, suburbs, small towns and other types of communities.

Despite its high ranking, San Francisco's total score was only 66/100. Though a community could theoretically score 100/100, none does. Anywhere you live is going to have trade-offs, said Rodney Harrell, the institute's vice president of family, home and community.

San Francisco notched an 84/100 in the health category, which looks at things like smoking prevalence, access to exercise opportunities, and whether there are shortages of health care professionals. And it got 75/100 for transportation, which includes household transportation costs, frequency of local transit, walkability scores, and ADA-accessible transit stations and vehicles. Read the rest of the article [here](#).

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## Featured Stories

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International Women's History Month is an important reminder about the contributions women have made towards society, culture and history. Women's History Month is celebrated each March to honor the vital contributions and achievements of women throughout history. It recognizes the influence of women across various fields, including politics, science, art, and social activism, highlighting their pivotal role in shaping societies worldwide. The month also serves as a reminder to continue advocating for gender equality and women's rights.

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## **Make A Difference**

*Submitted by Cathleen Wagner, ACOC Member*

What a difference we can make in the lives of those around us. I have a wonderful story which exemplifies this.

One of the leaders in our church had a prompting that she should stop pulling out her phone every time she gets in a line at the store. Michelle Craig had been praying about how she could better love others, as Jesus does. From my own personal experience, that is exactly what I do. I get in a line, I pull out my phone and scroll away. Just the next day she found herself in the line at the grocery store and she reached in her bag to pull out her phone. Remembering the prompting from the previous day, she put her phone away and looked around. She saw an elderly gentleman in line ahead of her. His cart was empty except for a few cans of cat food. She felt a little awkward but said something *really* clever like, "I can see you have a cat." He said that a storm was coming, and he did not want to be caught without cat food. They visited briefly, and then he turned to her and said, "You know, I haven't told anyone this, but today is my birthday." Michelle's heart melted. She wished him a happy birthday and offered a silent prayer of thanks that she had not been on her phone and missed an opportunity to truly see and connect with another person who needed it.

In my own perception regarding the relationships of my older friends, loneliness seems to be ever-present. If some of us know how to text, we can send a meaningful text when we have a chance. Do you have any notepaper, how about an old fashioned snail mail letter? Do you know anyone that could use a happy surprise when they go to check their mail box? And that line that we always find ourselves in, take it as a lucky chance to share some kindness, or even make a new friend.

Let's see what a difference we can make in the lives of those around us.

Who is with me?

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## Resources Are Expanding for Older Adults on Their Own: Aging Alone Together

Source *KFF Health News*, Originally Published December 9, 2024

Jeff Kromrey, 69, will sit down with his daughter the next time she visits and show her how to access his online accounts if he has an unexpected health crisis.

Gayle Williams-Brett, 69, plans to tackle a project she's been putting off for months: organizing all her financial information.

Michael Davis, 71, is going to draft a living will and ask a close friend to be his health care surrogate and executor of his estate.

These seniors have been inspired to take these and other actions by an innovative course for such "solo agers": Aging Alone Together, [offered by Dorot](#), a social services agency in New York City.

Most of them live alone, without a spouse, a partner, or adult children to help them manage as they grow older.

Until a few years ago, few resources were available for this growing slice of the older population.

Now, there are several Facebook groups for solo agers, as well as in-person groups springing up around the country, conferences and webinars, a national clearinghouse of resources, and an expanding array of books on the topic.

All address these seniors' need to connect with other people, prevent isolation, and prepare for a future when they might become less robust, encounter more health issues, and need more assistance.

"Older adults who cannot rely on family members need to be very intentional about creating support systems and putting other plans in place," said Ailene Gerhardt, a patient advocate in Boston who created the [Navigating Solo Network](#) three years ago.

In a [survey published last year](#), AARP — which broadens the definition of older Americans to people 50 and older — examined those who live alone and don't have living children. Ten percent of those 50 or older meet this definition, AARP estimates. An additional 11% have at least one living child but are estranged from

them. And 13% have children who they believe can't or won't help them manage their finances and health care.

[Read the full article here.](#)

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### **Some Humor - Dave Barry's guide to preparing for a COLONOSCOPY**

(Original posting September 2009, edited March 2014)

*Submitted by Dr. Alan Werblin, ACOA Member*

This is from newshound Dave Barry's colonoscopy journal:

I called my friend Andy Sable, a gastroenterologist, to make an appointment for a colonoscopy.

A few days later, in his office, Andy showed me a color diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly thru Minneapolis. Then Andy explained the colonoscopy procedure to me in a thorough, reassuring and patient manner. I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, quote, "HE'S GOING TO STICK A TUBE 17,000 FEET UP YOUR BEHIND!"

I left Andy's office with some written instructions, and a prescription for a product called "MoviPrep," which comes in a box large enough to hold a microwave oven. I will discuss MoviPrep in detail later; for now suffice it to say that we must never allow it to fall into the hands of America's enemies.

I spent the next several days productively sitting around being nervous. Then, on the day before my colonoscopy, I began my preparation. [Read more.](#)

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### **5 Reasons You're Peeing Too Much**

*Submitted by Dr. Alan Werblin, ACOA Member*

Peeing too much? While, there's no one-size-fits-all recommendation for how often or how much someone should pee, according to [Cleveland Clinic](#), you may be wondering whether you suffer from an [overactive bladder](#). The condition, which affects an estimated 33 million Americans, represents a collection of symptoms that can take you away from your normal routine, including:

**Urgency:** failure to postpone the need to urinate.

**Frequency:** the need to urinate at least eight times per day.

**Urge incontinence:** “spastic bladder,” or leakage when one needs to urinate.

**Nocturia:** excessive urination at night, at least two times per night.

Believe it or not, your bladder can hold up to 2 cups or 16 ounces of urine for two to five hours, without much any trouble. So, if you believe you're running for the bathroom too frequently, here are [5 reasons](#) you may be peeing too much and what you can do.

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**Get Involved**



At The Salvation Army Ray & Joan Kroc Center, we are excited to create a safe and engaging environment for seniors in our community. To that end, we're launching a monthly senior program, led by Corps Officer LT Sheryl Flockhart. The program was

kicked off with a Senior Valentine's Day Dance and includes diverse activities such as crafts, games, and social gatherings. Below are the planned dates and activities for 2025:

### **2025 Senior Program Schedule**

- **Friday, April 11th, 12:00 PM–1:30 PM** – Bingo
- **Friday, May 9th, 12:00 PM–1:30 PM** – Mother's Day Tea
- **Friday, June 20th** – Activity TBD
- **Friday, July 18th, Time TBD** – Bunco
- **Friday, August 15th, 12:00 PM–1:30 PM** – Diamond Dots Craft
- **Friday, September 12th** – Activity TBD
- **Friday, October 10th, 12:00 PM–1:30 PM** – Blanket Making
- **Friday, November 7th, 12:00 PM–1:30 PM** – Thanksgiving Craft
- **Friday, December 5th, 12:00 PM–1:30 PM** – Christmas Party

We are finalizing the date and theme for our annual **Krocfest**, a large-scale community event featuring vendors and informational booths. The event will be held in our parking lot and back field, with the date set for either June 7th or June 14th.

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**For a Healthier You**



## Easter Morning Brunch Casserole

*Submitted by Fern Yaffa, ACOA Member*



### Ingredients

- **2 Tbsp.** unsalted butter, divided, plus more for greasing
- **8 large eggs** (Egg Beaters or egg whites can be used).
- **3/4 cup** whole milk
- Kosher salt
- Freshly ground black pepper
- **4 oz.** Gruyère, shredded (about 1 c.), divided
- **4 oz.** sharp cheddar (preferably orange), shredded (about 1 c.), divided
- **9 Tbsp.** neutral oil, divided
- **20 oz.** breakfast sausage, casings removed (Can also use vegan sausage).
- **1/2** yellow onion, finely chopped
- **2** (16-oz.) pkg. frozen shredded hash browns, divided
- Sliced chives and pure maple syrup and/or hot sauce, for serving

### Directions

1. **Preheat** oven to 375°. Grease a 13" x 9" baking dish with butter. In a large bowl, whisk eggs and milk; season with salt and pepper. Add half of Gruyère and half of cheddar and whisk just to combine; set aside.
2. In a medium skillet over medium heat, heat 1 tablespoon oil. Crumble in sausage and cook, breaking apart into small pieces, until crispy and cooked through, 5 to 6 minutes. Transfer sausage to a medium bowl; reserve fat in skillet.

3. In same skillet over medium-low heat, cook onion, stirring occasionally, until translucent, about 5 minutes. Transfer onions to bowl with sausage and let cool.
4. Meanwhile, in a large skillet over medium heat, heat 4 tablespoons oil and 1 tablespoon butter until butter melts. Add 1 hash brown package and, using a spatula or spoon, pat down into an even layer. Cook until underside is golden brown, about 6 minutes. Turn potatoes over; season with salt and pepper. Cook, stirring occasionally, until golden brown all over, about 6 minutes more.
5. Spread hash browns onto bottom of prepared dish in an even layer. In same large skillet over medium heat, repeat with remaining 4 tablespoons oil, 1 tablespoon butter, and hash browns, leaving batch in skillet.
6. Spread sausage mixture on top of hash browns in baking dish. Pour in egg mixture. Top with second batch of hash browns. Sprinkle top with remaining Guyère and cheddar.
7. Bake casserole until cheese is melted and golden, 25 to 30 minutes. Top with chives. Serve with maple syrup or hot sauce alongside.



### **Root Beer Crackle Ice Cream**

*Submitted by Richard White, ACOA Chair*

This home-made ice cream has the great taste of root beer and is a wonderful summertime treat.

Prep Time: 15 minutes

Ready In: 45 minutes

Yield: One Quart

Servings: Eight

### **Ingredients**

- 2 eggs
- $\frac{3}{4}$  cup white sugar
- 2 cups heavy cream
- 1 cup whole milk
- 1 teaspoon vanilla bean paste
- 2 teaspoons root beer extract
- 12 crushed root beer barrels

### **Directions**

1. Whip eggs until foamy, then slowly add sugar while continuing to whip eggs until ribbony. Fold in cream, milk, vanilla extract, and root beer extract until evenly mixed.
2. Add crushed root beer barrels until evenly mixed.
3. Freeze in ice cream maker according to directions, usually overnight.

Enjoy!



**INNOVATIVE  
HEALTH  
SOLUTIONS**

### **CONGREGATE MEALS**

**Visit a nearby Senior Center for lunch.**

The Congregate Meals program serves nutritious, heart healthy, diabetic friendly lunches to older adults in a group setting with an opportunity to socialize with others and get involved in fun activities. Voluntary contributions are welcome, but not required. For eligibility, the seven locations, hours and monthly menu [click here](#).

Meal reservations are required two days in advance.

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# LUNCH MOB!

*Fairfield-Suisun* California  
CHAMBER OF COMMERCE



 **March 27th, 2025**

 **11:30am - 1:00pm**

 **The Landing at Village 360  
4949 Suisun Valley Road  
Fairfield CA 94534**





# TUSKEGEE AIRMEN DAY

*Come celebrate the legacy and accomplishments  
of the Tuskegee Airmen, who paved the way  
for the Civil Rights Movement*



**Date: Saturday, March 29, 2025**

Time: 6PM - 11PM  
Location: Hilton Garden Inn  
2200 Gateway Court  
Fairfield, CA 94533  
Donations: \$75.00, E-6 & below: \$50

POC: Robert Windham  
Cell: 707-416-6087  
Email: cooniew@aol.com

- Dinner & Desserts
- Keynote speaker
- Dancing music by DJ and Raffles

Checks payable to: Lee A. Archer Jr. Chapter,  
online donations: PayPal on website "tuskegeeairmentravisafb.org"  
**"Aerospace No Boundaries"** Not part of the DOD or any of its components



## SOLANO COUNTY CAREGIVER FORUM

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

Wednesday, March 26, 2025

9 a.m. to Noon

Solano County Events Center,  
Conference Room A, 601 Texas St.  
Fairfield, CA 94533

Register at

[tinyurl.com/SCCGForum25](https://tinyurl.com/SCCGForum25)

or call 800.272.3900.

Registration is required.



Presentations will include information on Alzheimer's disease and other dementia, research advancements, caregiving strategies, caregiver self-care, recent legislative policy successes, and local community resources. Light refreshments will be served.

Please feel free to reach out to Stefanie Bonigut, [sbonigut@alz.org](mailto:sbonigut@alz.org) or 925.290.7911 if you have any questions.

### FEATURED PRESENTATIONS



#### ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

**CLAIRE DAY** - Chief Mission and Program Strategy Officer, Alzheimer's Association, Northern California & Northern Nevada

Claire Day has been on the staff of the Alzheimer's Association since 2001. She oversees all care and support, DEL operations, and research initiatives for Northern California & Northern Nevada. Ms. Day is a clinical social worker and received her degree from Bloomsburg University of Pennsylvania. She has more than twenty-five years of experience as a family and professional educator in dementia care.



#### 2024 CALIFORNIA STATE POLICY SUCCESSES

**JESSICA ROTHHAAR** - Senior Public Policy Manager, Alzheimer's Association, Northern California & Northern Nevada

Jessica Rothhaar helps people who have been personally impacted by Alzheimer's and other dementia share their stories with elected officials to advance Alzheimer's research, care and support. She has over 20 years of experience in public policy advocacy, and is deeply committed to giving a voice to people living with Alzheimer's and their loved ones to drive policy change.



#### BRINGING OUT THE BEST IN THE PERSON LIVING WITH DEMENTIA

**DAVID TROXEL, MPH** - Writer and Consultant; Co-author, *The Best Friends Approach to Dementia Care*

David Troxel is an internationally known expert in Alzheimer's disease and memory care. An informative and engaging speaker, David holds a Masters Degree in Public Health from Rutgers Medical School (now UMDNJ/Robert Wood Johnson Medical School). During his 25 years in the field, he has also served as an Executive Board member of the American Public Health Association and a member of the Ethics Advisory Panel for the Alzheimer's Association. David has co-authored six influential books (most notably, *The Best Friends™ Approach to Dementia Care*) relating to dementia care as well as staff development and training.



#### CHARGING YOUR BATTERY - CAREGIVER SELF-CARE STRATEGIES

**RAENIKA BUTLER** - Senior Manager of Community Engagement, Alzheimer's Association, Northern California & Northern Nevada

Raenika Butler provides support and education to caregivers and individuals affected by Alzheimer's Disease and other forms of dementia. She has a Master of Arts in Gerontology and over 12 years of experience in the field of aging with a previous background in adult day health care and geriatric care management. Raenika is deeply dedicated to helping improve the lives of older adults and their communities of support, and she continues to make a significant impact in the community.

## **Tips for Caregivers and Families of People With Dementia**

A caregiver, sometimes referred to as a caretaker, refers to anyone who provides care for another person. Millions of people living in the United States take care of a friend or family member with Alzheimer's disease or a related dementia.

Sometimes caregivers live with the person or nearby, other times they live far away. For many families, caring for a person with dementia isn't just one person's job, but the role of many people who share tasks and responsibilities. No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.

[Six Tips to Manage Behavior](#)

See tips for everyday care [here](#).

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## **Video: Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders**

This video introduces coping strategies for accommodating challenging dementia-related behaviors, including The ABC approach. This approach identifies where caregivers have control and where they do not and can help frustrated caregivers gain a sense of empowerment.

Discussion: Shifting the goal from stopping challenging behaviors from starting to accommodating them, viewing all behavior as an attempt to fill an unmet need, becoming a "detective" to identify needs that difficult behaviors may be seeking to fill, noticing environmental triggers to behavior, practicing the ABC approach to managing difficult behaviors 3rd Tuesday of Each Month.

**April 1, 2025 (1:30pm- 3:30 pm)**

[REGISTER NOW](#)



The Elijah Rock Foundation presents

# Memories Unleashed

*Jazz & The Great American Songbook*

Starring

**ELIJAH ROCK**

with Special Guest

**ANTONIA BENNETT**



LIVE  
SHOW

**MARCH 28TH • 7PM**  
**SAN FRANCISCO CONSERVATORY OF MUSIC (SFCM)**

Shining a Light on Alzheimer's



GLOBAL  
BRAIN HEALTH  
INSTITUTE

[memoriesunleashed.org](http://memoriesunleashed.org)



**FREE CONCERT. RESERVE YOUR TICKETS HERE.**

**Napa/Solano Area Agency on Aging**

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

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