



AREA AGENCY ON AGING
assistance ▶ advocacy ▶ answers

AgeWell e-Newsletter | June 2024 Special Edition | AgeWell is an ACOA Publication

Quote of the Day:

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." — **Albert Schweitzer**

In the News

**ELDER ABUSE AWARENESS FORUM:
ADDRESSING MENTAL HEALTH &
FINANCIAL CRIMES**



**JUNE 26, 2024
9 - 12:30 PM PDT**

Registration is required. [Register HERE.](#)

In honor of *World Elder Abuse Awareness Day*, recognized annually in June, [Empowered Aging](#) invites Solano community seniors to a powerful interactive educational event. This half-day program features top experts in elder abuse prevention, mental health, and victim rights, providing timely and topical information for community members and high-quality, ongoing education for professionals working with older adults.

Older adults will walk away with actionable strategies and tactics to help protect themselves from abuse and a list of essential resources should they ever become victims of crime.

Industry pros can join us for an excellent opportunity to hear from experts in aging, elder justice, mental health, law enforcement, and long-term care.

We urge you to join us and support our mission to make Solano County a safe haven for older and dependent adults! Reserve your spot now to be a part of this crucial initiative. **Registration is required, and space is limited!**



STOP SCAMS BEFORE IT'S TOO LATE

S.A.F.E. (SENIORS AGAINST FINANCIAL EXPLOITATION)

INVITES YOU TO A FREE WORKSHOP

DESIGNED TO HELP SENIORS PROTECT THEMSELVES FROM
COMMON SCAMS AND OTHER FORMS OF FINANCIAL ABUSE

Friday, June 28 | 9:00am – Noon

St. Helena Performing Arts Center

1401 Grayson Avenue, St. Helena

For more information, write Events@mollysangels.com

IN PARTNERSHIP WITH:



NAPA COUNTY
Health & Human
Services Agency



molly's  angels
OF NAPA VALLEY
Neighbors Helping Neighbors



CONFUSED ABOUT MEDICARE..

CALL HICAP!

the MEDICARE Health Insurance
Counseling & Advocacy Program.

HICAP Health Insurance
Counseling &
Advocacy Program
Free Service to Medicare Beneficiaries

Before you consider all the options, sit with a
truly **unbiased** source so you can make more
informed decisions.



TRULY UNBIASED HELP.

TRUSTED SOURCE
for unbiased help as the
TECHNICAL EXPERTS
on Medicare, since 1986



www.SeniorAdvocacyServices.org/HICAP

Where: Napa Senior Center, Laurel Room - 1500 Jefferson Street, Napa, CA

When: Wednesday, July 31st @ 1-2:30 p.m.

Faith in Action Presents



A Matter of Balance Fall Prevention Workshops



The McBride Senior Center
91 Town Square Place, Vacaville • (707) 469-6660

Wed and Thu, June 5, 2024 - July 10, 2024
1:30pm - 3:30pm (No class on June 6 & 19 and July 4)

Wed and Thu, Oct 2, 2024 - Oct 24, 2024, 1:30pm - 3:30pm
Call the McBride Senior Center to register.

Call Wil Ford
Fall Prevention Trainer
For More Information
(707) 372-7011



WELLNESS • RECOVERY • RESILIENCE

• Faith in Action of Solano County • (707) 469-6675 • www.FaithinActionSolano.org •

Get Involved

COMMUNITY VOLUNTEERS WANTED!



WHY VOLUNTEER?

I'm glad you asked!

Do you want to:

Make a difference? Be involved in local senior issues? Collaborate to find solutions?

The Advisory Council on Aging to the Napa/Solano Area Agency on Aging has openings. If you have time to attend monthly meetings and work on special projects, the ACOA is for you. Check out the website and download an application. www.aaans.org/advisory-council.

Make a difference, make new friends, and get involved. The ACOA needs you!

Enjoy Chatting with people...then these opportunities may be for you:

- [Collabria Care/Napa](#) — Adult Day Program
- [Community Action Napa Valley/Napa](#) — Delivering Meals and a Smile
- [Faith in Action/Solano](#) — Home and Phone Visiting, Peer Counseling
- [Meals on Wheels/Solano](#) — Delivering Meals and a Smile, Assisting Congregate Diners

- [Empowered Aging/Solano](#) — Friendly Calling, Home Visiting
- [Solano Pride/Solano](#) — Peer Counseling

Enjoy Driving and Chatting...then these opportunities may be for you:

- [Faith in Action/Solano](#) — Driving People to Medical Appointments
- [Molly's Angels](#) — Driving People to Medical Appointments

Enjoy Office Work...then this opportunity may be for you:

- [Share the Care Napa Valley/Napa](#)

Enjoy Educating People...then this opportunity may be for you:

- [Senior Advocacy Services for HICAP/Napa and Solano](#) — Health Insurance Counseling & Advocacy Program Counseling
-

Napa/Solano Area Agency on Aging

www.aaans.org

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533



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