

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



AgeWell e-Newsletter | July 2023 | Issue 03 | AgeWell is an ACOA publication

Quote of the Day:

"One person can make a difference, and everyone should try." - **John F. Kennedy**



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.

As incoming Advisory Council chair, I want to mention a few initiatives on which the Advisory Council has been working. [Learn more here.](#)



Advisory Council – Applications Being Accepted

The Napa/Solano Area Agency on Aging, one of thirty-three similar organizations throughout California, is a comprehensive and coordinated service system focused on improving the lives of older adults, persons with disabilities, their families, and caregivers. Its current four-year Area Plan established four priority areas: improving health outcomes; reducing social isolation; raising nutritional awareness and services; and enhancing community-based, long-term services and supports.

Supporting the work of the Napa/Solano AAA is an Advisory Council, comprised of sixteen members, eight from each county. Council members are appointed by the respective Board of Supervisors and are charged with (1) advising the AAA on funding and service priorities, (2) assisting with provider performance reviews, and (3) advocacy. As advocates for older adults, Council members are expected to be informed about key legislation and issues facing the older adult population locally, voice their concerns with elected officials, and inform and gather support from other community members.

The Advisory Council meets on the first Tuesday of the month from 10 am to 12 noon. Meetings alternate monthly between Napa and Fairfield. The monthly time commitment averages 3-5 hours. The Council is currently seeking qualified applicants to fill several vacant seats in Napa and Solano counties.

If you have a passion for community service, enjoy working with others in a collegial environment, and are interested in issues facing our older adult population, please consider applying for a position on the Advisory Council by reaching out to:

Richard White at 615-513-4063 or email richardjwhite51@gmail.com



LEGISLATIVE UPDATE

ACOA Legislative Update - July 2023

What we are tracking!
ACOA Legislative Update – July 2023

ACOA-supported bills:

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.

Review our [2023 Legislative Update July 2023](#)



Communities Celebrate Older Americans Month

**American Canyon
Benicia
Napa
Napa County Board of Supervisors
Rio Vista
Solano County Board of Supervisors**

[Click here to see a few of the Proclamations](#)

IN THE NEWS

iii!!! MEALS + WHEELS SOLANO COUNTY

Box Fan DRIVE

to Help Keep Seniors & Older Adults Cool
During the Rising California Heat



Will you
help us **drive**
away the
heat?

Collection Date:

7/16-8/31

Drop-off Location:

95 Marina Center in Suisun City
Donation Window Open from
8:00 am - 05:00 pm

Or Donate a Fan
Through our
Amazon Wishlist:



For more information & how else you can
support our programs, please visit:

www.mealsonwheelssolano.org

ALL DONATIONS ARE TAX-DEDUCTIBLE

www.mealsonwheelssolano.org

iPad distribution

Older adults at risk of social isolation and who don't already have an internet connected device and cannot afford to purchase a tablet to connect with family, friends, or telehealth appointments, may be eligible for a free device.

Devices are limited to older adults (60+) or adults with permanent disabilities who are at risk and do not have access to a device. Those interested should contact the Aging and Disability Resource Connection at (707) 200-7116. Callers need to leave a message so an intake coordinator can return the call and administer a brief intake questionnaire to determine if the person is eligible to receive a device. Devices are reserved for the most at-risk individuals as numbers are limited.

Mobile Health Vehicle in Rio Vista



KP's new Mobile Health Vehicle will be available Tuesdays and Wednesdays at the Veterans Building in Rio Vista (650 St. Francis Way.)
Get primary care, lab work, health screenings and more closer to home.

Kaiser Permanente members can schedule an appointment by calling 707-427-4510.

Get directions [HERE](#).



Medically Supportive Food/Meals/Medically Tailored Meals

Elaine Clark and David Morikawa, former Meals on Wheels Sacramento Executive Director and California Department of Aging Manager for Aging and Disability Resource Center (ADRC) Program.

Elaine Clark, Executive Director of Napa/Solano Area Agency on Aging, attended the Meals on Wheels California Conference and participated on a panel discussing how Meals on Wheels organizations need to prepare for CalAim contracts as insurance agencies begin including medically appropriate meals in their outpatient coverage. Elaine has extensive experience contracting with healthcare providers as the Chief Executive Officer of Meals on

Wheels Diablo Region prior to assuming the role at the Napa/Solano Area Agency on Aging.



Keep Your Medi-Cal

Don't miss important information about your Medi-Cal health coverage.

Make sure that your county has your current contact information.

 Name	Phone 
 Address	E-mail 

Report any changes to your name, address, phone number, or e-mail address. Contact us at:

Solano County Health & Social Services

Fairfield: 275 Beck Ave.
(707) 784-8050

Vallejo: 365 Tuolumne St.
(707) 553-5000

Vacaville: 1119 E. Monte Vista Ave.
(707) 469-4500

For additional information go to:

<https://www.solanocounty.com/depts/hss/ees/medical/>

Did You Know?

You can complete your annual renewal and report changes to your Medi-Cal **online**.

Create your online account today by going to mybenefitscalwin.org or scanning the QR code and selecting the "Create An Account" link.



Medi-Cal Beneficiaries:

Take action to keep your Medi-Cal

Your local county office will mail you a letter about your Medi-Cal coverage.



The letter will tell you if:

Your county needs information from you to renew your Medi-Cal

or

Your Medi-Cal was renewed automatically



If you get a renewal form, please fill it out and return it right away.

Check that your local county office has your updated information, including your name, current address, email address, and phone number.



For more details and to learn how to update your contact information, visit KeepMediCalCoverage.org





Special Wastes and Household Hazardous Waste

Republic Services operates Solano Recycle, BOPA collection, and Household Hazardous Waste Collection at their [2901 Industrial Court, Fairfield, CA, Industrial Court Facility](#).

Call 707-437-8900 for additional information, hours of operations, and to find out any restrictions that may apply.

GIS Story Maps

Public Works Utilities Division recently launched two GIS Story Maps to help educate residents on where they can safely dispose of used oil and batteries. Story Maps are powerful online maps that incorporate graphics, text, photos, and special functions to help users explore content in an interactive, easy-to-use fashion. The Used Oil Story Map shows all the locations within the City where residents can safely dispose of used motor oil at certified collection centers. The page also provides information about the importance of recycling used oil.

The Battery Recycling Story Map lists all the locations where residents can access battery recycling boxes for small battery disposal, as well as information on how to dispose of larger-capacity batteries.

Story Maps like these are an effective way to reach and educate residents about the importance of proper material disposal and environmental protection. The used motor oil map is available [HERE](#).

SAVE THE DATE 14TH ANNUAL AFRICAN AMERICAN ALZHEIMER'S FORUM The Role of Care Partners

Presented by the Alzheimer's Association and the Black Alzheimer's Association Advisory Council



DATE: SATURDAY, SEPTEMBER 30, 2023

TIME: 8:30 A.M.–2 P.M.

COST: FREE

LOCATION: ED ROBERTS CAMPUS

3075 ADELIN STREET

BERKELEY, CA

For more information contact sdelapena@alz.org or call 559.753.8201

See the flyer [HERE](#).

NO ALCOHOL
NO DRUGS
NO UNSAFE PEOPLE

RV & CAMPING
SPOTS
AVAILABLE

POW-WOW

JULY 22-23, 2023

Sponsorship
Opportunity
Available

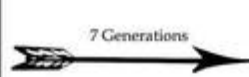
OPEN TO THE
PUBLIC

Contact us
707-704-8463

7generationsintertribal@gmail.com

Location

Solano Community College
4000 Suisun Valley Rd.
Fairfield, CA 9455



FEATURED STORIES



Pride in the Park

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

Vacaville's Pride Festival 2023 was celebrated at Andrews Park on Saturday, June 3, sponsored by Solano Pride Center. About 500 folks had a great time & Pride colors were on full display on clothing, jewelry, umbrellas, baby strollers, you name it! From 8 months to 80 years, in every hue of the rainbow & every identity & walk of life, people laughed, learned, strolled around, met new friends & socialized with old friends they maybe hadn't seen for a while.

The microphones & speakers were on the fritz, so there was no music for the first half, but that didn't dampen the festivities. Many thanks go to Assemblywoman Lori Wilson's representative, Wendy Sabian, Vacaville Vice Mayor Jeanette Wylie, Congressman Mike Thompson's representative, Kimberly Fu, & SCC Teacher, Trustee & Governing Board member, Quinton Voyce for projecting their voices in welcoming & affirming speeches from the stage!

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



My Friend Ben

Submitted by Richard White, ACOA Member

I met my friend Ben a little over two years ago as a volunteer with Empowered Aging's "Friendly Visitor" program. The program was designed to provide a way for isolated older adults to stay connected to their community, even with a weekly phone call. Remember, this was right in the middle of COVID, and the older adult population was getting hit hard. As a volunteer, my "job", and it seemed like a job at the time, was to call Ben every Wednesday, conduct a conversation and, over time, develop a friendship that has proven mutually rewarding. [Let me tell you more about it!](#)



The Night I Met Cool Poppa

*Three vignettes from a work by Alan Werblin /
Napa/Solano Advisory Council on Aging*

I graduated from Yale in 1973 with a BA in hippiedom (officially in Philosophy and Psychology). For most of my time there, I lived on a 40-acre farm 15 miles outside of New Haven, Conn., with a group of students, friends, chickens, turkeys, goats, a cow, a pig, and a horse. As a part-time job, I worked at the local record store, absorbing as much jazz, blues, and soul music as I could.

I had started playing the harmonica the summer after high school after hearing a commercial on the radio from Hohner, the world's biggest harmonica maker, extolling the virtues of harmonica playing for young men who were interested in becoming more successful with the ladies. By the time I attended Woodstock in August, I was well on my way—with the harmonica and the ladies. I continued improving while at Yale, playing with other musicians and became quite good. By 1971 I began to frequent the black neighborhoods of New Haven, playing my harmonica at jam sessions with my friend Danny Bittker, learning to solo over jazz and blues changes laid down by an organ trio, which consisted of a Hammond organ player who played the bass with his foot pedals, a guitarist, and a drummer. Other musicians, singers, trumpet and sax players, guitarists, etc. would line up for the chance to take their solo with the house band. [Read what happens next **HERE.**](#)

FOR A HEALTHIER YOU - MIND AND BODY



As professionals working in the elder care field, we see firsthand how isolated and forgotten older adults and adults with disabilities feel every day. We understand more than most why this vulnerable population needs to be seen and heard.

Our team takes on the most critical issues surrounding those who need our support and never stop fighting to raise awareness, protect against abuse or neglect, advocate for policy change that will make a difference now and, in the future, and work with our community partners to

provide person-centered resources.

Inspired by World Elder Abuse Awareness Month, we're proud to share with you the [See](#)

Me. Hear Me.™ awareness campaign. Our goal is to raise awareness by sharing stories of the people behind the cases we take on while preserving privacy and recognizing vulnerability. Our campaign will protect those we serve while helping the community understand that aging, living in care facilities, and needing the help of others to survive does not mean you lose your identity, humanity, or right to be seen and heard.



[SEE ME. HEAR ME. VIDEO](#)



Summer of Safety

- **Watch for Signs of Heat**
- **Keep Cool**
- **Look out fo Others**

Learn the signs and how to help someone heat illness [HERE.](#)

Five simple things can help keep you safe during the hot summer months.

1. Sign up for safety alerts at [CalAlerts.org](#).
2. Make a Plan – know what you will grab, where you will go, and who you need to alert.
3. Pack a Go Bag – include a few clothes, health information, and emergency contacts.
4. Pack a Stay Box – these are critical items in case of power outages or shelter-in-place directives.
5. Help Others – know your neighbors and their needs.

For more tips and details visit [listoscalifornia.org](#).

JUSTICE IN AGING

FIGHTING SENIOR POVERTY THROUGH LAW

Oral Health for Older Adults in California

When: Wednesday, July 19, 2023, at 11:00 a.m. PT

Oral health affects overall health – and this is particularly true for older adults. Yet, access to oral health treatment is limited and complicated by factors such as lack of dental coverage, complicated rules, and lack of dental providers. **This webinar, [Oral Health for Older Adults in California](#), will assist advocates in connecting their clients with oral health treatment.**

This webinar will provide a summary with advocacy tips on the following topics:

- Why oral health matters
- The state of oral health for older adults in California today
- Health insurance coverage options for older adults including Medicare, Medi-Cal, and other forms of coverage
- Unique barriers sub-populations of older adults encounter in accessing oral health, including dual eligibles and nursing facility residents
- Treatment alternatives for individuals without dental coverage

It is our intention that this webinar and the accompanying updated Advocate Guide on Oral Health in California, to be released in July, will help advocates navigate the system and empower advocates to identify and address systemic barriers to care.

Who Should Participate:

Advocates, community-based organizations working with older adults, AAAs, and community health care providers.

Presenters:

Amber Christ, Managing Director, Health Advocacy
Tiffany Huyenh-Cho, Senior Staff Attorney

The webinar will take place on Wednesday, July 19, 2023, at 11:00 a.m. PT.

*Capacity for this session is limited to 1,000 participants, and all participants will have the option of accessing audio through the computer or by phone. Closed captioning will be available. **Please be sure to log onto the webinar a few minutes early in order to secure your place for the live presentation on Zoom.** The presentation will be recorded*

and available for later viewing. *If you would like to request ASL interpretation or have other accessibility related questions, please email info@justiceinaging.org.*

Zoom Registration Update: For security reasons, when you register for a webinar, the join link will no longer be displayed on the confirmation page of your web browser. Instead, you will find the join link in the email confirmation, which will be sent to you as usual. If you don't receive an email from Zoom, check your junk folder. And add Zoom to your list of approved senders.

REGISTER NOW



Meals on Wheels

Lunch at the Senior Center

Although a lot of older people remain hesitant about being in an enclosed, indoor space due to our three-year experience with COVID, there are clear signs that folks who've been isolated in their homes are increasingly eager to venture out in public again and socialize with others. **Meals on Wheels** provides opportunities for older adults 60+ to enjoy and share lunch with friends and neighbors at a local Senior Center. The goal of the lunch program is to make sure older adults are provided with nutritional food.

To make lunch reservations:

- Complete a brief registration form.
- Call 1-707-426-3079 **48 hours in advance** to make lunch reservations.

Visit www.mealsonwheelssolano.org

For your convenience, included is a listing of all Senior Centers in Napa and Solano County that offer congregate lunches, along with the dates and times of the meal.

The Senior Centers are ramping up their social activities and events; be a part of it by joining friends and neighbors for a luncheon dining experience sponsored by **Meals on Wheels**.



If you are setting up long-term services and support; your local Aging & Disability Resource Connection (ADRC) has four core services you can draw upon to help you reach your goals.

Enhanced Information and Assistance (EI&A): Highly visible and trusted call centers with an online, comprehensive, searchable database, quickly identify which needs are most pressing and connect you to the appropriate Critical Pathways Providers. EI&A uses warm transfers and follow-ups to make sure your needs are met.

Options Counseling: An interactive process where individuals receive guidance in their deliberations to make informed choices about long-term supports. Plan for your future care needs with Case Manager/Navigators or Independent Living Peer Counselors.

Short-Term Service Coordination: Assistance to older adults and people living with disabilities who urgently need help with multiple services and programs for 90 days or less.

Transition Services: Individualized Hospital-to-Home or Nursing Facility-to-Home transition services.

To reach the ADRC in Solano County call 707/200-7116



Mobile Crisis Unit Solano

Recognizing the need for mental health specialists to respond to some emergency calls, Solano County Behavioral Health has joined forces with Pacific Clinics to expand the Mobile Crisis Response Program. The specialized Mobile Crisis Unit responds to mental health emergencies.

The program can be accessed by calling 911, where police department emergency dispatchers handle the calls from 11 a.m. to 10 p.m. Mondays through Fridays. The program's mission, according to the county officials, is to de-escalate crisis situations, link people to necessary services, and support the care coordination with appropriate agencies.

Although the program is not yet, county-wide, the plan is for county-wide, 24/7 coverage by the end of December. Follow the link for more information. <https://www.pacificclinics.org/solano-county-behavioral-health-mobile-crisis-services/>



**TOGETHER, WE CAN END
ALZHEIMER'S DISEASE.**



**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://alzsolanowalk.org)

For more info email solanowalk@alz.org or call Tess O'Leary (408) 728-4666

DONATE

Need a ride to the doctor?

You can now get a ride to and from your doctor visits at no charge. As a Kaiser Permanente Medicare health plan member, you can get a ride to and from your appointments at no cost. Your plan covers up to 24 one-way trips (50 miles per trip) per calendar year.

To schedule a ride for rideshare, taxi, or private transportation service, call 1-877-930-1477 (TTY 711). You can also schedule online at medicaltrip.net or download the MTM Link Member app. To download the app on your device, visit the App Store (Apple) or Google Play (Android) and search for MTM Link Member App.

For wheelchair van or gurney van transportation service, call 1-833-226-6760.

Request your ride at least 3 business days (Monday through Friday) before your appointment. If you have an urgent last-minute appointment, call as soon as you can.

You can get rides for doctor appointments, medical services such as lab or X-ray, and picking up medications or medical equipment.

Benicia Lyft rides



Benicia Lyft rides

The Solano Transportation Authority (STA) will pay a portion of your Lyft rides throughout the City of Benicia, and to Springtown Center in Vallejo. These rides are valid only to specific destinations and between the hours of 6am-9pm for Benicia residents. To qualify you must be an older adult (65+), a veteran, or ADA eligible. If your pickup or drop-off is outside the specified areas, the discount is not valid. More questions? Call the mobility call center: **1-800-535-6883**



AARP California Veterans Caregiving

Below are also the links to the referenced sites for your use:

- AARP Veterans Resources www.aarp.org/Veterans
- AARP Military Caregiving Resource Guide www.aarp.org/VetsCareGuide
- AARP Veterans Caregiving Handbook www.aarp.org/VetsCareHandbook or www.aarp.org/Cuidar
- AARP Veterans & Military Health Benefits Navigator www.aarp.org/VetsHealthNavigator
- AARP Financial Workbook for Veteran and Military Family Caregivers www.aarp.org/VMFcaregivermoney
- AARP Family Caregivers Discussion Facebook Group www.facebook.com/groups/aarpfamilycaregivers
- AARP Caregiving Toll-free Helpline (877) 333-5885 M-F 4 a.m. to 8 p.m. PT
- AARP General Family Caregiving www.aarp.org/caregiving

Elizabeth Dole Foundation Respite Relief Program for Caregivers
(www.hiddenheroes.org/respite or respiterelief@elizabethdolefoundation.org)



**In-Home Supportive Services
(IHSS) Public Authority**



REGISTRY CARE PROVIDER OPPORTUNITIES

REGISTRY PROVIDER: \$16.70/HR
EMERGENCY PROVIDER: \$18.70/HR

Requirements and how to apply [English](#) and [Spanish](#).

For more information about IHSS and the IHSS Public Authority, visit
www.solanocounty.com/PA or www.solanocounty.com/ihss

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

[Contact Us](#)