



AREA AGENCY ON AGING
assistance ▶ advocacy ▶ answers

AgeWell e-Newsletter | Sept 2024 | Issue 04 | AgeWell is an ACOA Publication

Quote of the Day: *"The older I get the more I realize perfection does not exist. And 'good enough' is good enough".* — **Candace Edwards**



NOTES FROM THE CHAIR

Richard White, ACOA Chair

The Daily Republic recently published an article by Robert Karron, a writer for the Los Angeles Times, entitled "One Injury Away from Homelessness". The article featured two stories from Kenny and Daniel about how they reluctantly joined the ranks of the unhoused as they got older. Their stories echo a growing and alarming rise in homelessness among older adults. Both men in their younger days were good athletes and believed their sports prowess would translate into professional success that would provide for a sound financial future. That was not to be the case.

With hopes of a professional sports career over, both men turned to construction work and bounced around for years following the job market. Neither finished college so working with their hands and bodies became their only way of earning a paycheck. As they aged, injuries and surgeries narrowed their ability to earn an income, and both eventually ended up unhoused. I'm sure there are many stories like Kenny and Daniel's throughout Napa and Solano counties. [Let's take a deeper dive.](#)

Legislative Update



What we are tracking?

In August, the Advisory Council to the Napa/Solano Area Agency on Aging submitted a letter to the Assembly Appropriations Committee expressing strong support of **SB639**, a bill that will build upon and support a robust and dementia-capable workforce to care for the special needs of older adults suffering from the ravages of dementia.

The number of Americans living with Alzheimer's is growing and the number of people living with Alzheimer's is placing a strain on the health care system. More than half of the primary care physicians report that there are not enough specialists to meet patient demand.

This bill has been enrolled and was presented to the Governor on September 9, 2024. More to come as we continue to track this bill.

See other bills we are tracking on our [Legislative Report](#).



We're All In This Together

Submitted by Tony Provine

Whenever our legislators and elected leaders begin the process of creating an annual budget, scores of concerned citizens are ready to offer information and rationales to help guide their deliberations. With scarce resources and so many programs deserving funding, the budget process can feel like a competitive sport where there are few winners and many losers. Often it seems like the only way to secure funding is by raising the importance or

urgency of one group's prescriptive measures while diminishing the worthiness of other investments. Instead of pitting one group against another, we need a more holistic and more inclusive approach to meeting the needs of all.

It is no less important to provide for the safety and security of our children than it is for our elders. For children, it may require delivering a better educational system that will prepare them to survive and thrive as adults. For aging adults, it may require delivering services that enable them to maintain health and independence by reducing reliance on hospitals and nursing homes. All of us benefit from these investments and we should not be asked to choose one or the other. Children, parents, grandparents, and great-grandparents are interconnected in our homes, communities, and throughout society.

While members of the Advisory Council on Aging advocate primarily for aging adults and people with disabilities, they never forget that other needs are just as important in building healthy communities. But without their advocacy on behalf of older adults, it is more likely that the needs of an aging population would be overlooked.

In the News



Americans Have Just Weeks Left Until New Social Security Rule Goes into Effect

A change to [Social Security applications](#) is going into effect at the end of the month.

About 70 million people receive [Social Security payments](#) every year, with some qualifying for [Supplemental Security Income](#) (SSI) if they're disabled or [senior Americans](#) who meet certain eligibility requirements. One of the eligibility requirements stipulates that Americans cannot earn more than \$1,971 in income per month to qualify for the payments. However, that rule is changing slightly.

Starting September 30, food benefits will no longer be considered in the eligibility income for SSI. That means programs like the Supplemental Nutrition Assistance Program will no longer be able to bar an individual from getting Social Security payments.

To continue reading, click [here](#).



Funding available for utilities

Our agency currently has funds available to assist seniors age 60+ and persons with disabilities on SSDI or SSI with paying past due utilities, PGE, water and garbage bills. If you know a consumer that you feel may be able to use this assistance, please send them our way. We want to help as many seniors and persons with disabilities as possible. [For Information and Assistance.](#)

Aging Disability Resource Connection
490 Chadbourne Rd Ste B
Fairfield, CA 94534
Phone (707) 200-7116



HICAP TO THE RESCUE!!

My brother-in-law, John, celebrated his 65th birthday in August. At a recent family gathering, he raised a few questions about the process for enrolling in Medicare and other covered benefits. Fortunately, my work with the Advisory Council over the last five years enabled me to recommend the **free** services of HICAP, or the Health Insurance Counselling Assistance Program. I provided John with the phone number of the local HICAP office, he called to schedule an appointment, the HICAP volunteer counselor called John at the exact scheduled time and date and time and satisfactorily answered all of John's questions.

If you or someone you know have concerns or questions about Medicare coverage, experiencing any issues getting needed prescriptions from a Part D plan, or have any questions about Medicare Advantage plans, contact HICAP to schedule a Medicare counseling appointment; the number is **1-707-526-4108** The web site is sasnb.org. HICAP came to the rescue for John; it will work for you, too.

Falls Prevention Awareness Week: Free Falls Check-up

Shared from the AAA4, Sept Newsletter

Join us Sept. 23-27, 2024, for Falls Prevention Awareness Week, a nationwide observance with state coalitions and partners to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling.

Falls are not a natural part of aging.

Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall. Answer 13 simple questions to get your falls risk score and resources to prevent falls.

To take your falls free checkup, click: <https://www.ncoa.org/tools/falls-free-checkup>

Make Your Home Safe: 5 Easy Ways to Avoid Falling

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips:

1. Clear the way. Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
2. Light it up. Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
3. Have a seat. Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
4. Secure some support. Buy a shower seat, grab bar, and an adjustable height handheld showerhead to make bathing easier.
5. Store for success. Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.

For an extensive home safety checklist, click here: <https://www.ncoa.org/adviser/sleep/home-safety-older-adults/#toc-printable-checklist>



**Kaiser Permanente, Department of Geriatric Medicine
and
Redwood Caregiver Resource Center
A Program of North Coast Opportunities
Present:**

Monthly training opportunities for family members and professionals

[See flyer to Register.](#)



10 unscrupulous scams that target senior citizens
Nick Marshall

However many reasons we have for loving our grandparents, scammers have a whole lot more. That's why fraudsters and hackers are increasingly relentless in targeting a demographic that is often trusting of financial institutions, perhaps too embarrassed to report a loss and at a disadvantage where digital technology is

concerned. Seniors offer an easy jackpot for scammers, to the tune of [\\$3 billion in losses](#) annually. They are often homeowners, sitting on top of savings, and in good credit. [Spokeo](#) warns to watch out for these 10 senior citizen scams that target their hard-earned savings. **SCAMS**

Featured Stories



The Colors of Tradition

In a small, bustling neighborhood, the beginning of fall always brought more than cooler winds. It was September 15th, the start of National Hispanic Heritage Month, and the streets were alive with anticipation. Elena, a young girl with a love for stories, watched from her window as neighbors strung up vibrant papel picado, the intricate paper banners, between houses. Every year, the community gathered to celebrate their rich heritage, but this year was different for Elena.

Her abuela, who had taught her the beauty of their culture, had passed away earlier that year. Abuela was the heart of every celebration, sharing stories from her childhood in Mexico, singing traditional songs, and making tamales that everyone in the neighborhood loved. Without her, Elena wasn't sure the celebration would feel the same.

The night before the festival, Elena sat quietly, holding her abuela's worn shawl, her mind full of memories. She could almost hear Abuela's voice reminding her that their traditions weren't just about the past—they were about living in the present and sharing the beauty of their culture with others. Elena decided she couldn't let the stories fade.

The next day, the neighborhood filled with the sounds of mariachi music and the smell of homemade tortillas. Elena stood in front of the community altar, holding her abuela's shawl close. She had prepared a small basket of pan dulce and a photo of Abuela to place on the altar as a tribute.

When it was time for the storytelling, Elena found her voice. She stood on the stage, looking out at her neighbors, and told one of Abuela's favorite stories—about a time when Abuela and her sisters danced in the streets of her village under the full moon, the same way their ancestors had done for centuries.

As Elena spoke, the crowd was silent, wrapped in the warmth of her words. She could feel her abuela's spirit in every syllable, in the laughter of the children playing, in the songs being sung, and in the shared pride that filled the air.

By the end of the day, Elena realized that celebrating Hispanic Heritage Month wasn't just about remembering—it was about continuing the legacy of joy, resilience, and community that had been passed down through generations. It was about keeping the colors of tradition alive, just as her abuela had done.

And now, it was her turn.

Get Involved

Why I Walk to End Alzheimer's

My mother was always a beacon of light in our family. She was the heart of our home, holding us all together with her warmth and kind and gentle spirit.

While she cared for my father and after his passing, I noticed subtle changes. My brothers brushed it off as normal aging, not realizing that these were the early signs of something far more insidious.



The vibrant, spirited woman we knew was beginning a journey that none of us were prepared for. But my mother faced this new challenge with the same grace and strength that had defined her entire life.

Her illness taught me patience, resilience, and the importance of living in the moment. My mother's battle with Alzheimer's was a testament to her enduring spirit. Even as the disease took its toll, it could never dim the light that shone from within her.

Though she is no longer with me, her spirit guides me. I honor her memory by cherishing our time together and advocating for a future where Alzheimer's is a disease of the past.

My mission is to ensure that no family endures the pain of watching a loved one fade away due to Alzheimer's or other Dementia.

I work to raise awareness, increase funding for research, and support caregivers. I believe that by working together with others who have been touched by this disease, our collective efforts can find a cure and create a world where Alzheimer's is no longer a threat.

I ask that you donate or join us as we walk so that someday we can have a world without Alzheimer's.



ALZHEIMER'S ISN'T STOPPING AND NEITHER ARE WE
Join the 2024 Walk to End Alzheimer's - Solano County, CA

Solano County Walk to End Alzheimer's
Saturday, October 19, 2024

Harbor Plaza, 600 Main Street, Suisun City, CA [Map it](#)
Register your team at ALZ.ORG/WALK

Time: Registration 8:30AM - Opening Ceremony 9:30AM - Walk at 10:00AM

For more info email:
Coordinator: Mady Palmer
925.269.4302
solanowalk@alz.org

For a Healthier You



One-Pot Creamy Zucchini Pasta

Submitted by Fern Yaffa, ACOA Member

Prep time 5 minutes

Cook time 10 minutes to 11 minutes

Serves 4

Ingredients

- 1 pound zucchini (about 2 medium)
- 2 cloves garlic
- 1 medium lemon
- 12 ounces dried penne pasta
- 1/2 cup whole-milk ricotta cheese
- 2 tablespoons olive oil
- 1 tablespoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 1/2 cups water
- Chopped fresh basil leaves, for garnish (optional)

Instructions

1. Cut 1 pound zucchini in half lengthwise, then cut crosswise into 1/2-inch-thick half-moons. Place in a large straight-sided skillet or pot. Mince 4 garlic cloves and add to the skillet. Finely grate the zest and juice 1 medium lemon into the skillet.
2. Add 12 ounces dried penne pasta, 1/2 cup whole-milk ricotta cheese, 2 tablespoons olive oil, 1 tablespoon kosher salt, 1/2 teaspoon freshly ground black pepper, and 4 1/2 cups water. Stir to combine.

3. Bring the mixture to a boil over high heat. Boil, stirring occasionally with a wooden spoon, until the pasta is al dente and almost all the liquid is evaporated, 10 to 11 minutes. Top with chopped fresh basil leaves if desired.

Recipe Notes

Storage: Leftovers can be refrigerated in an airtight container up to 3 days.



**Prevention &
Early Access**
for Seniors Program



**SOLANO COUNTY
Behavioral Health**
Hope, Resilience, Wellness

In Honor of Suicide Prevention Month



safeTALK

**Suicide Alertness
for Everyone**

**Join us for a FREE offering of safeTALK
Suicide Alertness & Intervention Training**

Learn How To:

- ✓ Notice and respond to situations where suicide thoughts may be present,
- ✓ Recognize that invitations for help are often overlooked
- ✓ Move beyond the common tendency to miss, dismiss, and avoid suicide,
- ✓ Apply the TALK steps: Tell, Ask, Listen, KeepSafe
- ✓ Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help



Wednesday, September 25

11 AM - 2 PM • Lunch & Snacks Provided



RSVP to Tracee Stacy

tstacy@choiceinaging.org • (707) 628-9805



CHMRC Solano Community Hub Solano Mall

1350 Travis Blvd, Fairfield, CA 94533

*Best entrance is main mall between Dick's Sporting Goods and Pampas Restaurant.
Come in and turn left and you will come down to the Community Hub.*

Save the Date

**THE LORI FRANK MEMORIAL
HEALTH FAIR
2024**

Hosted by
The Solano County District Attorney's Office

Staying Strong by Living Healthy

- in collaboration with
- The Solano County Office of Family Violence Prevention
-

**Saturday, October 12th
10 a.m. to 2 p.m.
Annex Lawn
604 Empire Street, Fairfield**

Free family fun, activities, vendors, and entertainment

*For more information contact
707-784-6800*



VEST VICTIMS
EMPOWERMENT
SUPPORT TEAM



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: The McBride Senior Center
91 Town Square Place, Vacaville, CA 95688

When: Wednesdays and Thursdays
October 2nd – October 24th, 2024

Time: 1:30 p.m. – 3:30 p.m.

Advance registration is required.
Contact the McBride Senior Center
(707) 469-6660

Through the support of our sponsor, there is no cost for this class. However, donations are always appreciated.

**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).




Community Resource Fair

Pop in and get a FREE \$10 GIFT CARD!


- Help with employment/career development
- Aliados Health to host Park-It-Market with FREE fresh fruits and veggies
- Food bank resources / sign ups for EBT & Cal/Fresh
- Assistance with navigating affordable healthcare
- Resources for veterans: housing support, homelessness prevention & employment services.
- Education Opportunity: College Summer Healthcare Program
- Volunteer Opportunities: CHMRC's Medical Reserve Corps.



 Date: Every 4th Monday

 Time: 2:00 pm – 4:00 pm



 Location: Solano Community Health Hub, located in the Solano Town Center
1350 Travis Blvd. Suite 1492-A

Napa/Solano Area Agency on Aging

www.aaans.org

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533