



AREA AGENCY ON AGING
assistance ► advocacy ► answers

AgeWell e-Newsletter | July 2024 Issue 03 | AgeWell is an ACOA Publication

Quote of the Day:

"All progress takes place outside the comfort zone." — **Michael John Bobak**



Greetings from the Chair

— *Richard White, Advisory Council on Aging, Chairperson*

In March of 2023, the American Association of Retired Persons published a report entitled "*Valuing the Invaluable: 2023 Update.*" The report detailed and highlighted the cost of **unpaid** caregiving provided by family members to their loved ones. In California in 2021 alone, the report estimated that unpaid caregivers throughout the state provided over four **billion** hours of service, with a total cost representing \$81 billion. These numbers calculate to less than \$20/hour of unpaid caregiving.

The reason I bring these facts to your attention, *AgeWell* readers, is that I joined the ranks of 4.4 million caregivers in California this past month when my wife was diagnosed with an invasive lobular carcinoma in her right breast. The initial mammogram indicated a cancerous growth of about 2.7 centimeters in size; a follow up MRI revealed a larger growth of 4.2 centimeters. Her mastectomy took place last Thursday and all indications are positive for a successful recovery.

What I've learned and seen first-hand over the last five days since the surgery is the dedication, time, energy, and care that caregiving requires. There's no place in the world I'd rather be than at my wife's side as she, like thousands of other cancer victims, battles this terrible disease. But, in the few days that I've been her primary caregiver, making sure that she is comfortable, safe, and secure reaches across every waking hour of each day. Managing medications, setting the clock to 2 and 4 am so pills can be taken, washing hands

constantly to prevent infection, measuring fluids and maintaining a tracking chart, taking on additional household chores, juggling the calendar to accommodate medical appointments, guiding each trip up and down stairs, changing bedding, a comforting hug or a gentle handholding. All the “extras” willingly accepted when a loved one becomes ill and needs 24/7 support.

Many of you reading this know much better than I how important, vital, and demanding caregiving is; many of you have dealt with the issues and challenges of caregiving for months, if not years. I’ve read about caregiving, and I’ve followed and tracked legislation designed to improve caregiving services. But becoming an actual caregiver opened a door of understanding and appreciation for caregiving that I did not have before. So, for all you unpaid caregivers out there – thanks for all you do!

Until next time, *AgeWell!*

Legislative Update



The California Senior Legislature Announces Top Legislative Priorities for 2024

What We Are Tracking

The California Senior Legislature (CSL) adjourned its 43rd Annual Legislative Session and announced the Top State Legislative Proposals. Members will advocate diligently during the 2024 legislative session to have state lawmakers support these priorities. Each priority has the Governor's Master Plan for Aging (MPA) goal referenced.

[View the top ten State Legislative proposals.](#)

In the News



Be Prepared

California is expected to experience extreme heat in the upcoming days. As California undergoes more frequent and severe heat waves, Governor Gavin Newsom recently announced the [ready.ca.gov](https://www.ready.ca.gov), a new, one-stop shop for Californians to prepare for emergencies and extreme weather. The new website is part of [Listos California](#), which is a state effort that connects communities with resources before, during and after emergencies. In addition, the

Department of Public Health has created a [Heat & Summer Safety toolkit](#) to provide resources and communication tools that can be shared.

Here are four simple ways to help keep your family and community safe this summer: [Hot Weather Tips.](#)

How to Stay Cool on the Cheap

Cooling centers in Solano County provide a safe and cool environment for residents during extreme heat events. In response to the extremely high temperatures forecasted, all **Solano County Library branches** will be open as cooling centers to provide relief from the heat. Community members are encouraged to visit any of our library locations to stay cool and safe during this time.

For Napa, just say to go to senior centers and libraries.



Know Your Zone

Napa and Solano Counties are prone to wildfire, and we should always be prepared. Check the Know Your Zone site [GenasysProtect](#), zone based evacuation tool. Know Your Zone reminder cards are available in the Fairfield City Hall lobby. This tangible resource can help you and your family stay prepared. Scan the QR code on the card and search for your Zone or visit emergency.solanocounty.com

Once you've found your zone, please take a moment to jot it down on the card or take a picture with your phone. This small action can make a big difference in ensuring your safety and the safety of your loved ones. Remember, the card should be placed in a visible spot in your home as a constant reminder. Zone numbers will be used in city and county communications during an emergency. Know Your Zone – it's a matter of life and death!

[FEMA Disaster Preparedness Guide for Seniors.](#)



Meet Me In The Street

The ACOA at American Canyon's "Meet Me In The Street" community event held on Wednesday, June 12th from 5-8 pm.

Thanks to Michelle Marin, along with her husband, Joe, and son, Jacob, for coordinating, and also a big thanks to Anne Payne her participation. It was a very well-attended event with excellent food and beverage choices.

Businesses, non-profits, and a host of state and federal agencies were represented in about 100 booths.

A special appreciation to Jeanie White, for joining us on her birthday! We had a lot of fun and extend an invitation other ACOA members to save **August 14** for another appearance at the event by the Council.

Featured Stories

Navajo Land

By Alan Werblin / Napa/Solano Advisory Council on Aging

When I was in UCSF medical school, I had the bright idea to see if I could spend some time on an Indian reservation. My faculty advisor suggested Fort Defiance, Arizona, on the Navaho reservation, the eastern part of Arizona, near Gallup, New Mexico.

In October 1978, I packed up my red 1963 Plymouth Valiant and headed for Ft. Defiance. I was assigned to the hospital and clinics and spent my days delivering babies, taking care of Navahos of all ages, and exploring the area in my plentiful off time. The surrounding high desert was magical and mystical and provided days of quiet, uninterrupted meditation and self-reflection. Even back in 1978, the world crackled with overstimulation. On the reservation, the air was absolutely still. You could hear a crow's flight thousands of yards before you saw it. Standing in Monument Valley I could hear a car approaching from miles away and then again for miles after it passed. This stillness balanced and calmed my busy mind and allowed me to notice internals and externals of which I had previously been unaware. [Read the full story.](#)



GARRETT DAVIS'

Unforgettable

COMMUNITY CONCERT



The last saxophonist to Tour and Record with Prince. In partnership with the Black African-American Alzheimer's Council and our national partners.

**DOORS
OPEN
AT 6PM**

Presented by
 **ALZHEIMER'S
ASSOCIATION**



Adrian **CRUTCHFIELD**

FRIDAY, AUGUST 9, 2024 @7pm

**Laney College
Odell Johnson Performing
Arts Center**



**900 Fallon St.
Oakland, CA 94607**

REGISTER AT WWW.UNFORGETTABLEPLAY.COM



GARRETT DAVIS'

OAKLAND

Unforgettable

THIS HEARTFELT STAGEPLAY WILL SHOW THE IMPACT OF CARING FOR A LOVED ONE WITH ALZHEIMER'S DISEASE.

Doors open at 3pm.
Free event.



**SATURDAY, AUGUST 10, 2024
AT 4PM**

Laney College
Odell Johnson
Performing Arts Center



900 Fallon St.
Oakland, CA 94607

EXEC PRODUCER: DR. CARL V. HILL & ALZHEIMER'S ASSOCIATION

PRODUCER: **G DAVIS PRODUCTIONS AND FILMS** | WRITTEN BY: GARRETT DAVIS

SCRIPT SUPERVISORS: BEVERLY BERRY & YARISSA REYES | DIRECTED BY: ROBERT DARTEZ WRIGHT

WARDROBE BY: TIFFANY PENN



REGISTER AT UNFORGETTABLEPLAY.COM





My Mom Had Alzheimer's. Now I Do Too. But I Learned From Her Not to Despair.

By Stephen Gettinger

Mr. Gettinger is a retired journalist who covered national politics. (The New York Times)

A son reflects on his mother's life with Alzheimer's and what it has taught him as he faces his own diagnosis with the disease. [Read the full story.](#)



Is There A doctor In The House?

By Alan "Dr. Blues" Werblin / Napa/Solano Advisory Council on Aging

From the time I was a medical student at UCSF, playing at the blues clubs, people called me "Doc" and often would ask my advice about various medical topics. I was always cautious since despite the hype, I wasn't a doctor yet: had no license nor much experience; however, once I finished medical school, I became more confident. My advice was mainly on the order of "Better stop Smoking" or "Get your blood pressure checked and if it's high, make sure you take your medicine". [Read the full story.](#)

Get Involved

COMMUNITY VOLUNTEERS WANTED!



FIGHTING FOR A DIFFERENT FUTURE

Are you passionate about the fight against Alzheimer's? Do you want to get more involved with the Alzheimer's Association and Walk to End Alzheimer's - Suisun City? Join the Suisun City Walk Planning Committee and help shape the movement to end this disease.

To learn more about joining our volunteer Walk Planning Committee, [please complete a volunteer form](#) or contact us directly:

Coordinator: Mady Palmer
Phone: 925.269.4302
Email: solanowalk@alz.org

For a Healthier You

ZUCCHINI CASSEROLE

Shared by Fern Yaffa / Napa/Solano Advisory Council on Aging

- 4 Cups zucchini sliced
- ½ Cup parmesean cheese grated
- ½ Cup cheddar cheese shredded
- ¾ Cup to 1 cup bisquick
- ½ Cup chopped onion
- ½ Tsp. salt
- ½ Tsp. butter
- ¼ Cup oil
- 1 Tbsp. Chopped garlic
- ½ Tsp. Oregeno
- 4 Eggs slightly beaten

Place everything together. Place in greased 9 x 13 greased utility pan. Bake 350 degree for 25 minutes.



Enhancing the health and well-being of Solano County Older Adults and Adults with Disabilities through nourishing meals, connection, and community engagement.

new & EXCITING CONGREGATE MEALS PROGRAM



Come for nutritious meals, friendship, and *fun!*

- Yummy lunches, completely re-imagined with YOU in mind!
- Engaging conversation and social opportunities
- Guest speakers—Help us choose the topics!

Voluntary contributions are accepted, but not required. Come as often as you like!

Meal Reservations are Required

Please email us, or call this new phone number to make your lunch reservation.

(707) 684-4376

info@innovativehealths.com

Lunch Service Begins
JULY 1ST, 2024

Visit our website for more information:
innovativehealths.com/congregate-meals-program



**INNOVATIVE
HEALTH
SOLUTIONS**



AREA AGENCY ON AGING
solano county • colusa county • yuba county

LOCATIONS & HOURS

BENICIA SENIOR CENTER
1201 E 2nd St., Benicia
Mon-Fri | Lunch @ 11:30 AM

FAIRFIELD ADULT RECREATION CENTER
1200 Civic Center Dr., Fairfield
Mon-Thur | Lunch @ 11:30 AM

FLORENCE DOUGLAS CENTER
333 Amador, Vallejo
Mon-Fri | Lunch @ 11:30 AM

MCBRIDE SENIOR CENTER
91 Town Square, Vacaville
Mon-Fri | Lunch @ 11:00 AM

RIO VISTA SENIOR CENTER
25 Main St., Rio Vista
Mon-Fri | Lunch @ 11:50 AM

JOSEPH NELSON COMMUNITY CENTER
611 Dr., Suisun
Mon-Fri | Lunch @ 11:30 AM

DIXON SENIOR MULTI-USE CENTER
201 S 5th St., Dixon | *Coming Soon!*

FILIPINO COMMUNITY CENTER
Vallejo | *Coming Soon!*




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.




Aliados Health
Some. Equity. Always. Included.

 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

Protect Yourself from Respiratory Viruses



Older adults, especially those with weakened immune systems, are at greater risk for getting very sick from respiratory viruses. Take these steps to lower your risk.

Stay Up to Date on Vaccines

As we get older, we need updated vaccines to keep our immune systems healthy and strong. Vaccines are our best protection against severe illness, hospitalization, and death from **flu, COVID-19, and RSV**.

Talk to your health care provider to make sure you're **up to date on all your vaccines!**

Get COVID-19 and Flu Treatments

If you have symptoms, contact your health care provider to get tested (or take an at-home COVID-19 test). If you test positive, ask your health care provider about prescription treatments to prevent symptoms from getting serious. **Act fast, most of these medications must be taken within the first 5 days** of symptoms.

Consider Extra Precautions to Prevent Spread

- Wear a mask in crowded indoor spaces
- Increase ventilation by opening windows and doors
- Stay away from others if you're sick
- Wash your hands often
- Cover your cough or sneeze



Need more info? go.cdph.ca.gov/respiratory-viruses

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COGNITIVE HEALTH ASSESSMENT TRAINING

The cognitive health assessment (CHA) is a dementia screening approach intended to be used with older adult patients whenever a cognitive screen is indicated.



JOIN US FOR THE TRAINING ON
July 17, 2024, 11am - 12pm
[REGISTER HERE](#)

FREE
CME/CEU



TRAINING INCLUDES

- Overview of Dementia
- Review Screening Tools
- Conducting a Cognitive Health Assessment
- Team-based Implementation Strategies

For more information, please visit <https://www.dementiacareaware.org>.





COGNITIVE HEALTH ASSESSMENT TRAINING

The cognitive health assessment (CHA) is a dementia screening approach intended to be used with older adult patients whenever a cognitive screen is indicated.



JOIN US FOR THE TRAINING ON
Tuesday, July 23, 2024

12-1pm PDT
[REGISTER HERE](#)

FREE
CME/CEU



TRAINING INCLUDES

- Overview of Dementia
- Review Screening Tools
- Conducting a Cognitive Health Assessment
- Team-based Implementation Strategies

For more information, please visit <https://www.dementiacareaware.org>.



15TH ANNUAL AFRICAN AMERICAN ALZHEIMER'S FORUM: BREAKING DOWN BARRIERS

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

Join the Alzheimer's Association and the Black Alzheimer's Association Advisory Council for the 15th Annual African American Alzheimer's Forum. Spend the day learning how to be an advocate for better care for you and your loved one. **Keynote speaker, Dr. Tanisha Hill-Jarrett** from the UCSF Memory and Aging Center will discuss the obstacles African Americans often face while seeking care and what can be done to address and circumvent these challenges. Learn from **Dr. Charles Windon** about the new Alzheimer's drugs, treatments and research. Other topics will include legal affairs advice, resources of support outside of primary care and caregiver wellness discussions

SPEAKERS:



Tanisha Hill-Jarrett, PHD
Breaking Down the Barriers:
Access to Better Care



Dr. Charles Windon, MD
Treatments: What's New,
Whats in the Pipeline



DATE: SATURDAY, SEPTEMBER 14, 2024

TIME: 8:30 a.m.–2 p.m.

COST: Free

LOCATION:
Ed Roberts Campus
3075 Adeline Street
Berkeley, CA 94703



TO REGISTER:
[TINYURL.COM/ALZAAFORUM2024](https://tinyurl.com/alzaforum2024)
OR CALL 800.272.3900

- › Continental breakfast and lunch provided.
- › Health screenings, information and resources will be available.

For further information: Monikkia White, mowhite@alz.org or 925.255.0465.

ALZHEIMER'S  ASSOCIATION®



FREE

Guided Meditation

lead by Livia Thompson
from Reikiology Medicine



45-minute session to relax your mind and body

FRIDAY, JULY 19, 2024

4:00 pm - 4:45 pm

REIKIOLOGYMEDICINE.COM

Napa/Solano Area Agency on Aging

www.aaans.org

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533