



AREA AGENCY ON AGING
assistance ► advocacy ► answers

AgeWell e-Newsletter | October 2025 | AgeWell is an ACOA Publication

Quote of the Day

*"A person who never made a mistake never tried anything new." — **Albert Einstein***



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NOTES FROM THE CHAIR – October 2025

Riitta DeAnda, ACOA Chair

Master Plan on Aging – Reaching our Goals

The Solano and Napa Master Plans on Aging flow from the California Master Plan. Each county has highlighted the areas that will be their focus for the next 5 years. This gives us a framework for creating age-and-disability-friendly communities for all ages and stages—communities where people of diverse backgrounds and cultures can thrive.

We will keep the Solano and Napa Master Plans on Aging in our minds as we do our work over the coming months. These plans set goals to address the changes anticipated in response to data that show the progressive increase in the number of seniors living in our communities.

- The full report for Solano County can be found at <https://www.aaans.org/solano-mpad>
- The Napa County Master Plan on Aging is in the final stage of development based on information gleaned from the Napa County Older Adults Assessment (NOAA) found at [NOAA Complete Report 9.9.24](#)

Here are the state goals with 2030 as the target for achievement: (for details check out <https://mpa.aging.ca.gov/>)

- Housing for All Ages and Stages
- Health Reimagined
- Inclusion and Equity not Isolation
- Caregiving that Works
- Affording Aging

If there is an area that interests you, please contact us to get more information or volunteer at <https://www.aaans.org/contact>

ACOA: Getting to know our members

Olga Curtright, ACO

After watching my sweet mother be afflicted by ovarian cancer and passing away, I realized how important family and friends are during these challenging times. I decided to volunteer for HospiceCare to help patients, and their loved ones. For ten (10) years, in Southern California, where I previously lived, I spent time with beautiful people during their end-of-life journey, and participated in community outreach.

When I relocated to Northern California, settled in Solano County, and subsequently retired completely, I wanted to continue to serve, make a difference in the lives of seniors, and individuals with disabilities. In reviewing my e-mails, I came across AgeWell, the Napa/Solano Area Agency on Aging newsletter. Not sure how it arrived in my mailbox, but there it was. I read about a vacancy on the Advisory Council and happily applied.

What a great way to serve my new community, by helping seniors, and individuals with disabilities identify issues and needs in order to continue to thrive. I enjoy educating the public through community outreach, and have participated in multiple resource fair events. I have served on the Council for almost two (2) years. It has been a rewarding experience and a growth opportunity into the world of aging.

Poetry Corner – October 2025

In August ACOA member Alan Werblin embarked on a quest to gather a few poems for Age Well. He asked Suzanne Bruce, Fairfield Poet Laureate emerita, to help and Suzanne, in turn, sent out a letter that read in part:

“ If you are over age 65 and would like to contribute a poem, you can do so and send it to him (Alan) ... for consideration for publishing in one of their newsletters.

“I hope you will consider submitting. The Area Agency on Aging is a valuable organization who helps so many people in a variety of ways.”

The response was remarkable and truly heartwarming. Fourteen wonderful people, ages 67-89, sent their poems to Alan. Some are well-known poets with their work in print, most are not. We could not possibly select only one poem to publish. We are confident you will enjoy every submission – some smiles, a few tears, lots of head nods based on shared experience.

Enjoy!

To view the October 2025 poetry collection, click [here](#).

Legislative Update



What we are watching!

ACOA LEGISLATION REPORT

October 2025

AB1: Residential Property Insurance: Wildfire Risk (Connolly)

- Starting in 2030, and every five years thereafter, the Department of Insurance will “consider” hardening improvements that have been added to cost models to incentivize homeowners through the Safer from Wildfires program to upgrade at-risk residences.
- Estimated costs: \$1 million every five years.
- **CSL supports.**
- 4/2: passed Assembly Insurance committee (17-0).
- 5/27: Passed Assembly Appropriations. (14-0)
- 6/2: Passed Assembly 79-0; moved to Senate.
- 6/11: Assigned to Senate Insurance
- 6/25: Passed Senate Insurance (7-0); referred to Senate Appropriations.

- 8/29: Passed Appropriations (7-0).
- 9/11: passed Assembly (70-0); ordered to engrossing and enrolling.

AB53: Military Service Retirement & Surviving Benefits Act (Ramos)

- Excludes from state income tax calculations up to \$20,000 in gross income retirement pay from a “qualified taxpayer”, i.e. vet and spouse.
- Benefit program runs five years through 2030.
- Opposed by California Teachers Federation.
- In Assembly Revenue and Taxation Committee.
- Amended to align with Governor’s proposed January 2025 budget; projected to result in a decline of \$250M in GF revenue over three years.
- Passed Assembly (70-0); Moved to Senate Rules Committee.
- Estimated General Fund revenue losses: FY25-26 - \$110 million; FY26-28 - \$75 million.
- Opposed by California Teachers Federation.

AB83: California Elder Abuse Financial Prevention (Pacheco)

- Authorizes financial institutions to take specific actions if financial elder abuse is suspected.
- 5/5: amended third time & re-referred to Banking & Finance committee.
- 8/18: is now a 2-year bill (conversation with author’s office)

AB96: Community Health Workers (Jackson)

- Requires the Department of Healthcare Access & Information to develop statewide certification standards for community health workers and to

designate “peers support specialists” as included in the certification eligibility process.

- 2/12: Assembly Health Committee.

AB99: Electrical Corporations: Rates

- Future rate increases over the inflation rate require either (1) approval by the utility’s customers or (2) if the governing commission can justify the increase for safety or cost reasons.
- In Assembly Utilities & Energy Committee; chaired by Cottie Petrie-Norris with Jacqui Irwin also on the committee.
- Supported by CSL – reversed previous decision.
- 3/26: Passed Utilities & Energy committee 12-1.
- 5/23: Assigned to Assembly Appropriations, held under suspension; amended. Estimated cost: \$514,000 attorney fees.

AB259: Open Meetings: Local Agencies: Teleconferences (Rubio)

- Allows remote participation by agency members in emergency situations only.
- In Assembly Local Government Committee, chaired by Juan Carrillo, with Cecilia Aguiar-Curry and Lori Wilson as members.
- Opposed by the CSL Leg Committee.
- 4/22: passed Loc Gov 9-0; to full Assembly- 3rd reading
- 5/5: passed Assembly (73-0); moved to Senate Local Gov committee; amended to set sunset date of 1/1/2030.
- 7/2 hearing postponed.

AB280: Health Providers: Directories (Aguiar-Curry)

- Requires annual updates to directories to achieve 95% accuracy by 2029.
- **CSL supports.**
- 4/2: passed Assembly Health Committee (11-0); to Appropriations.
- 5/23: passed Assembly Appropriations (11-1); 3rd
- Estimated costs: FY25-26 - \$2 million; \$3.5 million annually.
- 6/2: passed Assembly 61-7; ordered to Senate.
- 7/14: passed Senate Health committee (8-0).
- 8/29: passed Senate Appropriations (5-0).
- 9/8: moved in inactive file by Durazo.

AB303: Battery Energy Storage Facilities (Addis)

- Forbids development within 3,200 feet of residential and agricultural land of a battery storage facility greater than 200-watt hours.
- Supported by AD11 (Wilson).
- Assigned to Utilities & Energy, Natural Resources, and Local Government committees.
- 4/2: scheduled hearing postponed.

AB470 Telephone Corporations: Carrier of Last Resort (COLR): McKinnor

- Would permit telephone providers to “opt out” of being required to provide service in certain areas of the state due to better communication technologies being available.
- 5/1: passed Assembly Communications and Conveyance committee (8-1).
- 5/21: passed Assembly Appropriations (12-0).

- 6/27: passed Assembly (58-2); assigned to Senate Rules committee.
- 7/10: assigned to Energy, Utilities, and Communications committee.
- 7/17; withdrawn from committee; re-referred to Appropriations.
- 8/29: held under submission.

AB508: RCFE's: Direct Care Ratios (Aguiar-Curry)

- Requires RCFE's to calculate, display, and make available to residents and the public daily direct care ratios, i.e. the number of direct care hours given to a resident on a single day divided by the number of residents in the facility that day.
- Estimated cost: "low millions".
- 4/24: passed Aging/LTC (7-0); moved to Appropriations; amended
- **CSL supports.**
- 5/23: held in submission.

AB1069: Older Adults: Emergency Shelters (Bains)

- Requires AAA's and ADRC's to have access to emergency shelters during an active event.
- 4/28: Hearing in Emergency Management Committee.
- 5/7: Passed committee; moved to Appropriations.
- 5/27: Passes Appropriations (11-0); amended; 3rd
- Estimated costs: establishing MOU's with AAA's and ADRC's by cities and counties.
- 6/2: Passed Assembly 78-0; assigned to Senate Human Services.
- Passed Human Services committee on 6/30, (5-0).

- Passed Senate Governmental Organization committee on 7/8 (15-0).
- 8/20: ordered to consent calendar.
- 9/10; passed Senate (40-0); ordered to engrossing and enrolling.

SB5: Infrastructure Financing Districts: Agricultural Lands (Cabaldon)

- Taxing mechanism for Williamson Act participants; preserve agricultural lands.
- 4/24: passed Senate Local Government; amended; 3rd
- 6/4: passed Senate 32-5.
- 6/9: assigned to Assembly Local Government
- 7/16: passed Local Government committee (9-0); amended.
- 9/9: passed Senate (33-6); ordered to engrossing and enrolling.
- 9/16: presented to Governor.

SB29: Civil Actions (Laird)

- Eliminate recovery and reporting limitations on damages, updates sunset dates.
- Passed Senate Judiciary Committee; moved to Appropriations.
- Passed Appropriations (5-1); amended; 3rd
- Estimated annual cost: \$1.5 million.
- 6/4: Passed Senate 21-9; ordered to Assembly.
- 6/12: Assigned to Assembly Judiciary committee; passed on 7/9 (9-3).
- 8/18: Assembly Appropriations placed in suspense file.
- 8/29; hearing postponed; amended; re-referred to Appropriations.

- 9/13: moved to inactive file.

SB239: Open Meetings: Advisory Bodies: Teleconferencing (Arreguin)

- **CSL-supports** to allow remote participation for members and the public; sunset 1/1/30.
- Hearing scheduled for 5/6 in Senate Judiciary.
- 5/8: Passed committee; ordered to 3rd
- 6/3: Placed in inactive file by author; integrated into SB707.

SB242: Medicare: Open Enrollment (Blakespear)

- Removes exclusion of end stage renal disease patients.
- For those with Medicare Part B, authorizes a 90-day open enrollment period, starting January 1
- 4/30: Passed Senate Health committee (9-2); moved to Appropriations.
- CSL supports.
- 5/23: Under submission in Appropriations.

SB324: Medical: Enhanced Care Management & Supports (Menjivar)

- Identify target populations and work with community providers.
- Passed Senate Health – amended/amended.
- 4/21: Senate Appropriations – Suspense file
- 5/23: Passed Appropriations (6-0).
- 5/28: Passed Senate 39-0; read 1st time in Assembly; held at desk.
- Fiscal impact is unknown.

- 6/18: Amended and assigned to Assembly Health committee; passed on 7/3 (15-0)
- 8/20: Assembly Appropriations placed in suspense file.
- 8/29: under submission

SB375: Wildfire Preparation Plans: Fish & Wildlife (Grove)

- Requires plan development to protect threatened species.
- In **Senate Natural Resources & Water**.
- 4/3 hearing cancelled at author request.

SB433: RCFE'S: Assisted-Living Waiver Rental Rate Protection

- Seeks to equalize Assisted-Living waiver charges; sets rent control.
- Passed Senate Human Services – amended.
- 5/23: Passed Appropriations (5-1); 3rd
- General Fund annual costs: \$2-4 million.
- **CSL supports.**
- 6/4: Passed Senate 32-5.
- 6/16: Assigned to Assembly Aging/LTC committee; passed on 6/24 (5-1).
- 7/15: passed Assembly Human Services committee (5-0); amended.
- 8/20: Assembly Appropriations placed in suspense file.
- 8/29: under submission.

SB508: Telehealth (Valladares)

- CSL proposal authorizes telehealth services across state lines for cancer patients without requiring participation in a clinical trial.
- Passed Senate Business, Professions, and Economic Development (10-0).
- 5/28: Passed Senate (38-0); moved to Assembly; read 1st time; held at desk.
- 6/5: Assigned to Assembly Business & Professions committee.
- 7/1: Hearing scheduled; cancelled at author's request
- SB508 is now a 2-year bill.

SB707: Open Meetings: Teleconferencing Requirements (Durazo)

- Merges several bills: AB259 (Rubio), AB409 (Arambula), AB467 (Fong), and SB239 (Arrequin).
- **CSL supports.**
- 4/2: Passed Senate Local Government committee (5-0).
- 4/22: Passed Senate Judiciary committee (9-0).
- 6/3: Passed Senate floor vote (24-6).
- 7/16: Passed Assembly Local Government committee (6-2).
- 8/29: passed Assembly Appropriations (11-4).
- 9/13: passed Assembly 27-6, with amendments; ordered to engrossing and enrolling.

For more information, visit: <https://leginfo.legislature.ca.gov>

In the News



Karol Swartzlander, Executive Director
Gavin Newsom, Governor

FOR IMMEDIATE RELEASE
DATE: September 24, 2025

CONTACT: (916) 419-7595

California Commission on Aging and Eldera Join Forces to Turn Age into an Asset and Adults 60+ into Mentors for Younger Generations

One adult 60+. One hour. Once a week. Two lives get better.

SACRAMENTO and SAN FRANCISCO - September 24, 2025 - The California Commission on Aging (CCoA) and Eldera today announced a statewide recruitment drive inviting Californians age 60 and older to support youth (ages 6–17) through weekly, virtual conversations that build resilience, reduce loneliness, and strengthen communities. The partnership advances California’s Master Plan for Aging goals to create a California for all ages and abilities by 2030.

Under the initiative, adults 60+ can enroll now, complete brief training and a background check, and be matched with a young person for a 30–60 minute video conversation once a week. Eldera manages recruitment, vetting, matching, program support, and safety, including an AI Chaperone designed to help keep conversations safe and meaningful. Meanwhile, CCoA mobilizes Area Agencies on Aging and community networks statewide.

“California’s Master Plan for Aging calls for a state where all generations thrive together.

This partnership turns that vision into action at scale,” said **David Lindeman**, Chair, California Commission on Aging.

“Age is California’s most underused natural resource,” said **Dana Griffin**, Co-Founder & CEO, Eldera. “Together, we can match life experience with young curiosity, safely, quickly, and with benefits for every generation.”

Why older adults (60+)

“As more of life moves online and AI becomes ubiquitous, young people need consistent human connection, someone who sees them, hears them, and shows up. Human connection requires a human, and our most untapped resource is adults over 60 with a little extra time, wisdom, and a desire to do good,” said **Dana Griffin**. “Here’s our reality: AI is great at predicting the next word, but it is not a substitute for someone who has lived experience,” Griffin added. “When a teen is spiraling or a young man is in crisis, the right response isn’t infinite engagement or worse, harmful directions. It’s boundaries, perspective, and a caring voice that says, ‘You’re not alone. I’ve been there, too, and here’s how I got past it.’ Technology should protect human connection, not replace it.”

How it works

- **Enroll now:** Californians 60+ sign up at [Eldera.ai](https://eldera.ai)
- **Safety first:** Training, background checks, clear policies, live support, and AI safety tools
- **Smart matching:** Based on interests, availability, and language; weekly 30–60 min video sessions
- **Community & growth:** Optional weekly Social Clubs (STEM, arts, leadership, well-being)

- **Measuring impact:** Eldera tracks engagement, satisfaction, and brief well-being indicators in aggregate

Read the full press release [here](#).

How Scammers Try To Steal Your Life Savings

People are losing big money to scammers running complicated scams.

Here's how the scam works:



A scammer pretending to be from a company you know contacts you, saying they supposedly spotted fraud on one of your accounts and your money isn't safe.



They connect you with someone else to supposedly help you move your money to "protect" it.



The "helper"—who often claims to work for the government—is really a scammer trying to steal your money.

If someone tells you to do any of these things, it's a scam.

- "Put your money in a secure account to protect it." **That's a scam.**
- "Transfer your money to a cryptocurrency account to protect it." **That's a scam.**
- "Get cash and I'll send a driver to pick it up." **That's a scam.**
- "Deposit cash at a Bitcoin ATM to protect your money." **That's a scam.**
- "Buy gold and a driver will come get it." **That's a scam.**

No one from the government will tell you to do these things. **Only a scammer will.**

Never transfer or send money, cryptocurrency, cash, or gold to someone you don't know in response to an unexpected call or message.



**FEDERAL TRADE
COMMISSION**

More at ftc.gov/imposters

Report scams to the Federal Trade Commission at ReportFraud.ftc.gov

November 2024

This is one of many imposter scams that are being used to convince people to send the scammer money. For more information on how to avoid imposter scams, visit the Federal Trade Commission website [here](#).

Featured Stories



Medicare's Annual Enrollment Period Is Almost Here—HICAP Can Help!

Medicare's Annual Enrollment Period (AEP) runs from October 15 through December 7, and it's the one time each year when Medicare beneficiaries can review and make changes to their coverage. Whether you're considering a switch to a new Medicare Advantage plan, updating your Part D prescription drug coverage, or returning to Original Medicare, this is your window to make those changes for the upcoming year.

Navigating your options can feel overwhelming—but you don't have to do it alone. The Health Insurance Counseling and Advocacy Program (HICAP) offers free, unbiased, and confidential counseling and local educational seminars to help you understand your choices and make informed decisions.

Our trained counselors can:

- Help you compare plans
- Explain changes in coverage or costs for 2026
- Help you to avoid late enrollment penalties

- Ensure you're not paying more than you need to

Appointments fill quickly during AEP, so we encourage you to reach out early. To schedule a one-on-one session with a HICAP counselor, contact 707-526-4108 or to find educational events in your area visit SeniorAdvocacyServices.org/Medicare.

Let's make sure your Medicare coverage fits your needs—now and in the year ahead.



The advertisement features a photograph of an elderly couple practicing Tai Chi in a lush green park. The man is on the left, wearing a white t-shirt and white pants, and the woman is on the right, wearing a light blue long-sleeved shirt and white pants. They are both in a wide, balanced stance with their arms extended. The background is filled with tall trees and green grass. Overlaid on the image are several text elements: the AAANS logo at the top left, a blue banner with the slogan 'Your Partner in Lifelong Independence', and a yellow box with a mouse cursor icon pointing to it, containing the text 'Explore free, local resources for aging and disability at aaans.org'.

Napa Solano
AREA AGENCY ON AGING
assistance ► advocacy ► answers

Your Partner in Lifelong Independence

***Explore free, local
resources for aging
and disability at
aaans.org***

**Helping You Live Long and Stay Strong:
Agency & Disability Resource
Connection (ADRC)**

We all hope to live a long and healthy life—to see our kids grow older, to welcome and be involved with our grandchildren, to enjoy life and to give back to our community.

But aging successfully takes planning. Research shows that at some point on the aging journey, two-thirds of older adults will need some support to age well at home.

Did you know your Area Agency on Aging is your go-to source for aging services and caregiver support? It connects older adults and their families with services that promote health, safety and independence—from transportation to in-home care and caregiver support programs. Whether you're planning for the future or need help today, the ADRC is here to help you live long and stay strong!

ADRC Solano: (707) 200-7116

Connections Napa County: (707) 253-4248

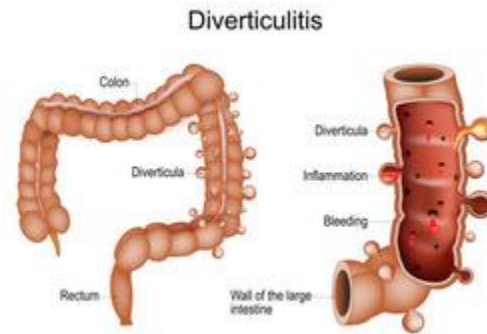


Understanding Diverticulitis

*Submitted by Dr. Alan Werblin, ACOA
Member*

Adapted from Cleveland Clinic Article

A Helpful Guide for Seniors



What Is Diverticulitis?

Diverticulitis happens when small pouches (called *diverticula*) in your colon become inflamed or infected. It can cause pain and discomfort, but with proper care, most people recover fully.

At-Home Care

Mild diverticulitis can often be treated with:

- Rest
- A liquid or soft-food diet
- Antibiotics prescribed by your doctor

If symptoms don't improve, you may need hospital treatment.

When Hospital Treatment Is Needed

For severe or persistent symptoms, hospital care may include:

- **IV medications** for faster relief from infection and pain
- **Blood transfusion** if bleeding occurs
- **Endoscopic procedures** to stop bleeding or fix small issues

- **Surgery** to remove damaged parts of the colon (in rare or repeated cases)
-

What Can You Expect?

- Most people recover completely—even from complicated cases
 - Only a small number need surgery
 - Diverticulitis typically doesn't affect life expectancy
 - Serious complications (like bowel tears) are rare but require urgent care
-

Prevention Tips

You can't always prevent diverticulitis, but healthy habits can help:

- ✓ Eat more fruits, vegetables, whole grains, nuts, and seeds
- ✓ Drink plenty of water
- ✓ Get regular light exercise (like walking)
- ✓ Ask your doctor about fiber supplements or probiotics

 **Good news:** It's now considered safe to eat seeds and nuts. They don't increase your risk and are part of a healthy diet.

What If It Keeps Coming Back?

If you've had several flare-ups:

- It might be due to immune issues, inflammation, or gut bacteria
 - Your doctor might suggest **surgery** to remove the problem area
 - Planned surgery often does *not* require a colostomy
-

When to Call the Doctor

Contact your healthcare provider right away if you notice:

- Ongoing or severe abdominal pain
- Fever or chills
- Nausea or vomiting
- Changes in bowel habits

Early treatment helps prevent serious problems.

Partner With Your Care Team

With the right support, diverticulitis doesn't have to control your life. Follow your doctor's guidance, maintain a healthy lifestyle, and don't hesitate to ask questions.

Caring for the Caregiver

Lynne Baker

In the poetry addendum that accompanies this quarter's Age Well Madeline Wise penned a poem entitled *Carving Out Time* that calls to mind the caregiver's on-going commitment and also the need for taking care of one's self. It is lovely and so true.

Caring for the caregiver is a priority area for ACOA efforts over the coming months.

The editorial comment in the most recent AARP bulletin written by Dr. Myechia Minter-Jordan, AARP CEO, tells the story of one caregiver, age 29, whose entire life

changed in a single moment when she became the caregiver for her mother and grandmother.

In part, Dr. Minter-Jordan states:

“In the United States, an estimated 63 million adults are providing ongoing care for an adult or a child with a complex medical condition or a disability. That’s a staggering 45 percent increase since 2015. Among them are approximately 16 million ‘sandwich generation’ caregivers who juggle care for both older and younger generations. These are some of the key findings from ***Caregiving in the U.S. 2025***, a major new survey conducted by AARP and the National Alliance for Caregiving.

“The data reveals the scale of caregiving—and the mounting pressures caregivers face.

“It lands at a pivotal moment. As the demand for care grows, so do the stakes. Policymakers, employers and health systems must respond to the realities of modern caregiving.

“Family caregivers contribute an estimated \$600 billion in unpaid care to our economy each year.”

Caregiving in the US 2025 is available at [Caregiving in US 2025](#) A quick scan or in-depth review is well worth your time.

Not on My Watch - Health Impact of Climate Change

Submitted by Lynne Baker, ACOA Member

“Grammy, are we all going to die pretty soon?” asked the precious seven-year-old grandchild.

“What makes you ask, sweetie?” queried the grandmother in response.

“I heard you say we have only ten years left. That’s scary,” replied the kidlet, manipulating the I-pad with much greater skill than her grandmother.

“No, my dear, we are not going to die.”

The child was reacting to overheard snippets of an animated conversation among friends as they chatted about the climate emergency we all face. This gave me pause. I thought back to my seven-year-old self. My greatest worry at the start of second grade was whether I could have the 24-piece box of crayons or if I’d have to settle for the 16-piece set. We donned galoshes and splashed in the rain, nary a thought about the crises of devastating drought, unprecedented flooding, soaring temperatures or displaced neighbors. Things are different now.

Excess greenhouse gases and other pollutants increase the global temperature, impact rain and snowfall, increase the intensity of extreme weather events and contribute to rising sea levels. Human-induced climate change also impacts our health: increasing the severity of existing health conditions and/or creating new and unexpected threats.

This commentary speaks to the health impact of climate change in the United States. In a future column I’ll talk about health issues on a more global scale. Here I briefly address temperature-related death and illness, breathing and circulation

problems, extreme events, water-related illness, food safety, mental health and well-being and populations of concern.

Temperature-related Death and Illness.

Heat-related deaths will increase, cold-related deaths are likely to decrease. Here's an "ah-ha": even *small* differences from seasonal average temperatures result in illness and death. Those with chronic conditions will be particularly impacted.

Air Quality Impacts

Outdoor air pollutants result in poor air quality. In turn human heart, circulation and respiratory systems are harmed. The incidence and severity of asthma increases as do allergenic reactions. Result: limited productivity at home, work and school, lost school and workdays, increased hospital and emergency room visits and premature deaths.

As a nurse I witnessed the death of a three-year-old from a condition called *status asthmaticus*, the worst form of severe, acute asthma – the asthma "attack" doesn't stop, no matter what one does. The health team labored heroically to save the child's life but to no avail. One never forgets such a tragic incident.

Extreme Events

Hurricanes, extreme precipitation, wildfires and drought will increase and will become more costly in terms of lives lost and economic damage. Extremes can also impact people before and after an event. Think: disaster preparedness and post-event clean-up. Health risks exist long after the event or in places outside the area where the event took place. We need look no further than the fires that caused disastrous harm in our regional communities in recent years.

Harm to our infrastructure (power, water, transportation, communication) is something we sometimes fail to consider. What happens if a local hospital is

rendered unsafe, if roads and bridges disintegrate, if waters rise to make “usual” routes unpassable, if emergency workers cannot reach those who are in danger?

Thousands of people are likely to be affected when it comes to coastal flooding. And while “the coast” seems somewhat distant to some of us, it isn’t. Think: Highway 37, San Pablo Bay, Oracle Park, the *entire* bay area.

Water-Related Illness

Oceans and rivers will suffer the consequences of climate change and increase people’s exposure to contaminated water and the illnesses it causes. Toxin-producing algae will multiply. Runoff will compromise recreational waters, shellfish producing waters and sources of drinking water. Water infrastructure will fail due to limitations on the water processing systems.

Food Safety, Nutrition, and Distribution

Nutritious food will be harder to come by. Food will be exposed to harmful pathogens and toxins and mercury accumulation in seafood will increase. Pests, parasites and microbes will impact the quality and availability of food. The nutritional value of essential food crops, such as wheat and rice, will decrease because of the reduction in proteins and essential minerals as the result of climate change. Food distribution channels may slow down leading to spoilage. Crops may fail or endure severe damage. Think of unprecedented crop damage and financial ruin of farms in our nation’s “breadbasket” due to the impact of climate change.

Mental Health and Well-Being

Those with mental illness are at higher risk of complications due to increasing temperatures. Prescription drugs commonly used to treat depression, anxiety and like conditions impair the body’s ability to regulate temperature. Stress and serious mental health issues occur for people exposed to climate-induced disasters.

People who rely on the natural environment for sustenance and livelihood and those living in areas most susceptible to climate change events are more likely to experience mental health difficulties.

Any one of us may experience mental health effects posed by the threat of climate change and perhaps develop a sense of hopelessness.

Populations of Concern

People with limited income, communities of color, immigrant groups, indigenous peoples, children and pregnant women, the very young and the very old, people in at-risk occupations, those with disabilities and people with preexisting or chronic medical conditions are included under the “populations of concern” umbrella.

Mapping tools allow researchers and health care providers to use geographic data to more accurately pinpoint risk factors and vulnerabilities and then to take steps to protect specific groups and locations.

The foregoing is but a brief overview of the health-related impact of climate change. There is more to be said. However, the point – whether summed up in capsule form or laid out in scholastic research – is that we have reason for deep concern. Deteriorating health must lead us to examine the source of the problem and take action to address the cause of climate change induced health conditions, not merely treat its symptoms.

We can become better informed about the health impact of climate change by looking at readily available materials. Here’s a link to a scholarly publication, Maslin, et al. (2025) Understanding the health impacts of the climate crisis. *Future Health Care Journal*. [Health Impacts of Climate Crisis](#) And see the World Health Organization website at [WHO Climate Change Fact Sheet](#)

We can gain knowledge about the relationship between the health benefits of climate mitigation actions and their economic impact – something that is often missing from the conversation. Commentary in *Environmental Epidemiology* concludes that “Economic benefits from health care savings and improved population health can far exceed the cost of climate mitigation measures. Cities, regions and countries that implement climate change mitigation actions will gain immediate and long-term economic benefits of these health improvements.” Roca-Barcelo, et al. (2024). See the full article at [Climate Action-Valuable health benefits](#).

We can engage with the 89% Project, a year-long global journalistic effort to explore a pivotal but little-known fact about climate change: The overwhelming majority of the world’s people — between 80 and 89%, according to recent science — want governments to take stronger action. **Between October 26 and November 1 look for personal stories from people throughout the world who are increasingly impacted by climate change.** See: [89 Percent Project](#)

As we become more mindful of what we must do now, we can become part of the solution. Then, when my grandchild asks, “Grammy, are we all going to die?”

I can respond, “Not on my watch, dearest child, not on my watch.”

For a Healthier You

 **Butternut Squash Salad** 

Submitted by Fern Yaffa, ACOA Member

This is a wonderful recipe from Ina Garten.

- 1 1/2 pounds butternut squash, *peeled and 3/4 inch diced*
- 1 tablespoon maple syrup
- 2 tablespoons + 1/4 cup olive oil, *divided*
- 2 teaspoons Kosher salt, *divided*
- 1 teaspoon coarsely ground black pepper, *divided*
- tablespoons dried cranberries, *or raisins*
- 3/4 cup apple juice, *or apple cider*
- 2 tablespoons apple cider vinegar
- 2 tablespoons shallots, *minced from one large shallot / or red onion*
- 2 teaspoons Dijon Mustard
- 6-8 cups arugula , *or mixed greens*
- 1/2 cup walnut halves, *toasted*
- 1/4 cup shaved Parmesan cheese
- Prep the oven and squash seasoning: Preheat the oven to 400°F.

 **Toss the squash:** Place the butternut squash on a baking sheet. Drizzle it with maple syrup and 2 tablespoons of olive oil. Sprinkle it with 1 teaspoon kosher salt, and 1/2 teaspoon black pepper. Toss to ensure that all of the butternut squash is coated.

 **Roast and turn:** Place it in the oven and roast for 20-25 minutes until tender, turning once halfway through. In the last 5 minutes, add the cranberries.

 **Make the vinaigrette:** Place apple juice, cider vinegar, and minced shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6-8 minutes, or until reduced to 1/4 cup. Remove from heat.

 **Finish the dressing:** Off the heat, whisk in the Dijon mustard, 1/4 cup of olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Whisk until emulsified.

 **Assemble the salad:** Place the arugula (or salad greens) in a large salad bowl. Pour over the dressing and give it a big toss. Add the roasted butternut squash and cranberries.

 **Finish and serve:** Top it off with toasted walnuts and shaved Parmesan cheese. Taste and season with salt and pepper, if necessary. Enjoy!



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



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

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To make a meal reservation, you can:

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- Email info@innovativehealths.com

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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 @ 11:30 AM

RIO VISTA SENIOR CENTER

25 Main St., Rio Vista
Mon-Fri | Lunch @ 11:30 AM

JOSEPH NELSON COMMUNITY CENTER

611 Village Dr., Suisun City
Mon-Fri | Lunch @ 11:30 AM

DIXON SENIOR MULTI-USE CENTER

201 S 5th St., Dixon
Tues & Thur | Lunch @ 11:30 AM

Get Involved

DO YOU HAVE **concerns**
about falling?

Seniors and Fall Prevention

Falls are a leading cause of injury among older adults, often resulting in severe consequences such as fractures, head injuries, and loss of independence.

According to the U.S. Centers for Disease Control and Prevention:

- In the United States, over 14 million, or one in four, adults ages 65 and older (older adults), report falling each year. While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity resulting in an estimated nine million fall injuries.
- In California, the rate for 2020 was 27.1%, or 1,443,956 falls resulting in injury.
- In California in 2021 the death rate for falls in older adults was 43.1/100,000 persons, or, 2347 deaths.

Source: [CDC Falls Data and Research](#)

Note: as of this writing, the CDC website remains available with October 2024 indicated as the last update. This is one of the sites, along with its parent department, currently at risk of closure or removal.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and community partnerships, the number of falls among seniors can be substantially reduced.

Faith in Action sponsors an evidence-based fall prevention program called *Matter of Balance*. These workshops, consisting of eight 2-hour classes, are held throughout Solano County.

The *Matter of Balance* fall prevention curriculum includes:

- Learning positive coping methods to reduce the fear of falling.
- Setting realistic goals to increase physical activity.
- Changing one's environment to reduce risk factors for falls.
- Learning simple exercises to increase strength and balance
-

Take a look at this preview showing the value of *Matter of Balance*.

<https://www.youtube.com/watch?v=A-Rji1bYPlw>

To quote Benjamin Franklin: *An ounce of prevention is worth a pound of cure.*

Solano County:

Faith in Action's is hosting **Fall Prevention classes** at the Rio Vista Senior Center, Fairfield Cordelia Library, and Florence Douglas Center in Solano County.

Workshops are now open for registration! For more information, view the flyers [here](#).

For questions, please contact Faith in Action's main office at (707) 469-6675 or visit their website at <https://www.faithinactionsolano.org/>

Napa County:

Contact Share the Care Napa Valley at <https://sharethecarenv.org/programs/>

Rainbow Seniors is a support group for LGBTGIA+ seniors 60 and over who reside in Solano County. The group meets the 2nd and 4th Friday of the month by Zoom. It is a joint project of Faith in Action and the Solano Pride Center.

RAINBOW SENIORS

LGBTQIA+ Seniors  Aged 60 and Over

YOU are invited!

Connect with fellow Solano County LGBTQIA+ seniors in a supportive virtual environment to socialize, learn about resources, and discuss issues/topics pertaining to the community.

We meet every
2nd and 4th Friday
of each month via

zoom

12:00pm - 1:30pm
unless otherwise
noted.



**For more information or to register,
contact Marlette (707) 207-3430
marlette@solanopride.org**

The Rainbow Seniors group is co-facilitated by the Solano Pride Center and Faith in Action of Solano County. With special thanks to our sponsors:



VOLUNTEER WITH MOLLY'S SPANISH

Volunteer With Molly's Angels



Our Molly Care Calls program offers weekly 30 minute wellness check-in calls for seniors in Solano County, scheduled at your mutual convenience. These calls often grow into meaningful friendships, providing a sense of community and reassurance that no one is alone and we are *Neighbors Helping Neighbors*.

Care Calls also help identify seniors in need of vital resources. We partner with local organizations to connect seniors to food, housing, transportation, mental health support and more.

**Your call can make a big difference.
Volunteer today!**

Molly's Angels: Supporting Seniors Since 1999

Sign Up Today: mollysangels.com, mollysangels@mollysangels.com
or call 707-224-8971.

molly's  angels
Neighbors Helping Neighbors

 AREA AGENCY ON AGING
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 HEALS & WHEELS SOLANO COUNTY

Special thank you to Jaylene Capuchino Gutierrez, College Intern with Solano Public Health who put this newsletter together!

Napa/Solano Area Agency on Aging

www.aaans.org

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533