

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



AgeWell e-Newsletter | July 2022, Issue 05 | AgeWell is an ACOA publication

Quote of the Day:

"Age is simply the number of years the world has been enjoying you." **Unk**



GREETINGS FROM THE CHAIR

-Richard White, Advisory Council on Aging, Chairperson

AgeWell Summer 2022 Issue

Welcome to the quarterly edition of *AgeWell*. Let me share what has been happening since our last issue.

To hear a few exciting facts click [HERE](#)



LET ME INTRODUCE MYSELF



-Verneal Brumfield, Advisory Council on Aging, Chairperson

I would like to introduce myself to you as the new Chairperson for the Napa/Solano Area Agency on Aging Advisory Council.

To learn more about me click [HERE](#)



LEGISLATIVE UPDATE

-By Tony Provine, Member / Napa/Solano Advisory Council on Aging

What we are tracking!

ACOA Legislative Update – July 2022

>> Read the full Supported Bills from July 2022 by clicking [HERE](#)

WHAT'S HAPPENING IN YOUR COMMUNITY



AFFIRMING SUPPORT FOR AN AGE-FRIENDLY CITY

Rio Vista affirms support for an age-friendly city with RESOLUTION NO. 2022-032.

>>Read the complete resolution [HERE](#)

The City of Vallejo affirms support for an age-friendly community with a Proclamation for an age-friendly community. >>Read the complete proclamation [HERE](#)

ACOA/AAA COMMUNITY FORUM – RIO VISTA, CA

Elaine Clark, AAA Executive Director, lead a discussion on AAA Providers and Services.

>>Read the community feedback [HERE](#).





SOLANO COUNTY 2 X 2 HOMELESS ROUNDTABLE

To create an ongoing, sustainable organization dedicated to preventing and addressing homelessness.

>>Read the complete article [HERE](#)

FEATURE STORIES:

HOW TO FLY WITH MOBILITY ISSUES

-By Fern Yaffa, member / Napa/Solano Advisory Council on Aging

Are you ready to venture out for a vacation that starts with an airplane ride? This article shows you how to have a relatively stress-free airport and flight experience.

>> Read the full article by clicking [HERE](#)



SENIORS ARE BACK IN FORCE!

-By Donna Altes, member / Napa/Solano Advisory Council on Aging

We are back! Seniors are not isolated at home anymore. Our presence is everywhere.

>> Read the full article by clicking [HERE](#)



YOU ARE NOT ALONE



Dedicated to improving and helping families and individuals affected by mental illness, NAMI Solano County is here to support you and your family. All our vital community programs and support groups are FREE to the community. Please join us for one of our virtual support group meetings.

>>To read more about who we are click [HERE](#)

Learn more about our upcoming events, classes, and presentations by visiting us at www.namisolanocounty.org

IN THE NEWS



Maury Robertson Joins Rianda House

Rianda House announces the arrival of a new Executive Director, Maury Robertson. He replaces Founding Executive Director Julie Spencer who retired on May 27 after 14 years in this role. See tribute to Julie Spencer [Tribute](#)

>> Read the full article by clicking [HERE](#)



CALIFORNIA SENIOR LEGISLATURE

The Napa/Solano Area Agency on Aging (PSA28) will be ably represented by Yvonne Baginski in the Senior Senate and Richard White in the Senior Assembly. The California Senior Legislature is a volunteer body whose primary mission is to gather ideas for legislation at the state and federal levels.

>>Read more about the California Senior Legislature [HERE](#)



JOIN US FOR A COMMUNITY MEETING SOLANO AND NAPA COUNTIES

Community Meetings to discuss the American Rescue Plan funding through the Napa/Solano Area Agency on Aging are scheduled. See flyers with the details. Please RSVP as soon as possible. Space is limited.

>>For Solano County July 20th from 1:00 – 3:00 details and **RSVP** click [HERE](#)

>>For Napa County July 26 from 1:00 – 3:00 details and **RSVP** click [HERE](#)

Take the Challenge

Try our Poverty Simulator!

See the decisions a Senior on a fixed income has to make.

As the cost of goods continues to rise, older adults on fixed incomes are hit harder than most. A 15% increase in any single item may necessitate skipping a meal or medication. To experience the types of choices many of your neighbors make every day, take the challenge by answering a few questions on the new Poverty Simulator on the N/S AAA website. Make your choices and learn how you can get involved. www.aaans.org.



CENTENARIAN EVENT

The Solano County Board of Supervisors is looking for the 2022 Centenarians. If you or a member of your family, or a friend currently living in Solano County is 100 or older or will be 100 this year, please contact Supervisor Monica Brown at mebrown@solanocounty.com on or before August 31st. The recognition ceremony will be held in early Fall.

FREE DRIVING SAFETY CLASSES

Refresher education for drivers age 65 and older can reinforce the rules of the road and encourage safe driving habits.

>>See attached to schedule a class [HERE](#)



2022 SENIOR & CAREGIVER RESOURCE GUIDE

NOW AVAILABLE!!!

With funds provided by the Napa/Solano Area Agency on Aging, updated resource guides are now available in English and Spanish print through Meals on Wheels' Senior Connect program. This guide was developed and updated to support older adults, the disabled, and caregivers find needed services throughout Solano County.

Information on available services is arranged alphabetically in an easy-to-find & read format.

To request a **Senior & Caregiver Resource Guide**, contact Senior Connect at:

(800) 788-5114 (707) 297-3782
<https://myseniorconnect.org/>
95 Marina Center
Suisun City, CA 94585

MIND & BODY



Live classes for older adults, by older adults!

GetSetUp is an online community of people who want to learn new skills, connect with others, and unlock new life experiences. We believe older adults can do anything when they have the tools to discover, learn and connect.

>>Get connected, [HERE](#)



STRONG AND STABLE

Progressive exercise program designed to improve your balance and mobility.
>>Click here for more information [HERE](#)



SOUL LINE DANCING

American Canyon Multi-Center. All sessions are FREE.
>>Click here for more information [HERE](#)



Stanford/ VA Alzheimer's Research Center

NO-COST Memory Evaluation For Older Adults
(Veterans and Non-Veterans)

- Conducting visits via Teleconferencing and by phone
- Open to individuals with age-related memory complaints as well as to those with post-COVID-19 related memory issues.

>>For more information about this study click [HERE](#)

>>For more information about the research program click [HERE](#)

COMMUNITY VOLUNTEERS WANTED!



WHY VOLUNTEER?

I'm glad you asked!

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



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

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

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

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

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

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

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



FUN STUFF

[Coloring is a meditative activity](#) that might help to keep your brain active and alert. As our lives begin to be too busy with schedules that are unbearable, we tend to become exhausted and emotionally drained. Taking a small part of our day to relax, take a walk in nature, clear our mind, and meditate, or color in a coloring book is extremely beneficial to our wellbeing. Coloring is not simply good for you; it is really fun too! Coloring is a wonderful way to reduce stress and pass the time when you are alone, and it is also a fun social activity. Looking at a beautiful design and creating a gorgeous piece of art lifts the spirits no matter how old you are!



**LEGAL SERVICES OF
NORTHERN CALIFORNIA**

**KNOW YOUR RIGHTS:
ESTATE PLANNING**

Join us for educational presentations
about advance health planning,
protecting your finances,
and simple wills.

**FRIDAY, MARCH 11, 2022 AT 11AM
FRIDAY, JUNE 17, 2022 AT 1PM
FRIDAY, SEPTEMBER 16, 2022 AT 11AM
FRIDAY, DECEMBER 9, 2022 AT 1PM**

Go to zoom.us/join or call in by dialing 1-669-900-6833



**ALZHEIMER'S ISN'T STOPPING AND NEITHER ARE WE
JOIN OUR WALK PLANNING COMMITTEE**

Solano County Walk to End Alzheimer's
Saturday, October 22, 2022, Harbor Plaza, Suisun City, CA
Register your team at [Alz Solano Walk](#)

For more info email solanowalk@alz.org or call Carolyn Eisen at (925) 269-4302

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

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