

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



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Quote of the Day:

"Start each day with a positive thought and a grateful heart." - **Roy T. Bennett**



GREETINGS FROM THE CHAIR

-Verneal Brumfield, Advisory Council on Aging, Chairperson

Happy New Year!

Welcome and thank you for taking the time to view the quarterly edition of AgeWell, a newsletter with important news, updates, and upcoming events impacting older adults in Napa and Solano counties.

In January we celebrate the life and legacy of Rev. Dr. Martin Luther King, Jr. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brotherhood and sisterhood. It is a people's holiday, whether you are African-American, Hispanic, or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King Jr. had for America.

Wishing you a Happy Valentine's Day.

Please feel free to share our newsletter with friends and family. Be well, and AgeWell.

Wishing All of You a Happy New Year



LEGISLATIVE UPDATE

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

What we are tracking!

ACOA Legislative Update – January 2023

ACOA-supported bills:

The 2023 California Legislative Session has recently begun, and a small number of bills have been introduced. Many more bills are expected to be introduced in the coming months. As of this writing, none have been presented to the Advisory Committee for support.

2023 Priority bills of interest:

AB21 - Requires peace officer training regarding recognizing and interacting with persons who may have dementia or Alzheimer's disease. *This is a similar bill to AB2583 which was introduced in the previous legislative session. **No committee assignment or hearing date was reported.***

AB48 - This bill, the Nursing Facility Resident Informed Consent Protection Act of 2023, would establish a resident's right to provide or withhold written informed consent concerning the use of psychotherapeutic drugs and the right to be free from chemical restraint. It would require that residents and their representatives must be informed in writing about warnings for proposed drugs and whether a proposed drug is being prescribed for a non-approved purpose. **No committee assignment or hearing date was reported.**

SB17 - This bill would state the intent of the Legislature to enact legislation that would create new opportunities for the development of affordable senior housing. **Pending before the Senate Rules Committee.**



The California Senior Legislature Announces Top Legislative Priorities for 2023

The California Senior Legislature (CSL) Sacramento, CA, adjourned its 42nd Annual Legislative Session and announced the Top State Legislative Proposals. Members will advocate diligently during the 2023 legislative session to have state lawmakers support these priorities. More information on the top ten State Legislative proposals

regarding hospitals, transportation, ageism, homelessness and more can be read [HERE](#)

Visit our website [CSL](#)

IN THE NEWS

Congratulations Elaine Clark

N/S AAA Executive Director Appointed

Elaine Clark, Executive Director of the Napa/Solano Area Agency on Aging, was recently appointed to the Advisory Committee of the State of California's Aging and Disability Resource Connection (ADRC). In her new role, Elaine will provide recommendations and resources to support ADRC development and expansion efforts around the state, promote seamless access to public benefits and programs, and serve as an ambassador to increase the visibility of California ADRC.



ADRCs are considered the "grand connector" for older adults, a one-stop shop that connects services and programs that many older adults may not even know to exist. The goal is to allow older adults to remain independent and active, reducing the impact of being institutionalized. Here's what they do:

- Connect clients with multiple services and provide limited case management to ensure clients receive the services they requested and offer additional support.
- Receive and make referrals to multiple service providers.
- Work with older adults 6-+ and those who are disabled

Elaine has worked diligently with the local Advisory Council, guiding, and supporting its various advocacy efforts. She will bring passion and leadership to her new role. Congratulations, Elaine.



Independent and Strong!

February is National Senior Independence Month – an opportunity to engage and thrive.

Founded in 1988 by President Ronald Reagan, this holiday is a great time to share resources, invite a neighbor to lunch or coffee, or check out the myriad of classes or volunteer opportunities available locally and online. Independent living impacts health, social interaction, and general feelings of fulfillment in life.

Don't know where to start? Check out these options

- Senior centers for lunch, classes, entertainment, excursions, and discussion groups
- The Area Agency on Aging website, aaans.org for resources and volunteer opportunities
- GetSetUp.io for online classes and discussion groups
- Libraries – reading, classes, and group activities
- Senior travel clubs
- Community College – finally take the fun classes you always wanted to take but didn't have the time

Staying connected is a building block for living a fully engaged life and can lead to new, lasting friendships. National Senior Independence Month is the perfect time to get started!

SOLANO

THURSDAY

We are excited to get our **2023 Walk to End Alzheimer's**

COUNTY VOLUNTEER MIXER

FEBRUARY 9
2023
5:00-6:30 PM

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

at the
**FAIRFIELD CIVIC
CENTER LIBRARY
MEETING ROOM**
1150 Kentucky St.
Fairfield

RSVP:
tinyurl.com/
SolanoVolunteerMixer23
or
solanowalk@alz.org

Join us to learn more
about volunteering
with the Alzheimer's
Association Walk to
End Alzheimer's -
Solano County.

planning underway! Save the date - we'll be back at **Harbor Plaza on Saturday, October 21st!**

I hope you will join us for a Volunteer Mixer on **Thursday, February 9th from 5:00-6:30 pm at the Fairfield Civic Center Library Meeting Room (1150 Kentucky St.)**. We will go over 2023 volunteer info and opportunities, have a bit of social time, and enjoy refreshments as well! This event will be valuable for experienced and new volunteers alike. Feel free to share this email and invite others you think may be

interested in getting involved!

Please **[RSVP and take the Solano Walk to End Alzheimer's volunteer questionnaire](https://tinyurl.com/SolanoVolunteerMixer23)** at **<https://tinyurl.com/SolanoVolunteerMixer23>** at your **earliest convenience**. Please go to the link even if you aren't available on February 9th, but would still like to participate as a volunteer this year, as the information is tremendously helpful as we kick off our annual planning.

Thank you for your interest in helping out - I am looking forward to another year of rewarding and meaningful work with all of you as we continue our momentum funding Alzheimer's and dementia research, care, and support!

Dixon Opens Active Adult Community

With the snip of a ribbon, the city of Dixon in Solano County experienced a first for its growing city - a community of homes for seniors to live and play. The new homes are part of a multi-phase development, with 1,365 single- and multi-family units, called Homestead, located in the southwest portion of the city. Along with four new home styles, the development will include a clubhouse, pool, pickleball and bocce ball courts, as well as a fitness center.

According to City Manager Jim Lindley, this active adult community "was something that the public has been asking for quite a while...we're happy to have a senior development like this in town." Steve Bird, Dixon's mayor, commented that the Homestead development "is one of those niches that fit in perfectly because we don't have anything like it of its kind in our community, so it's the first senior/active adult living community which is greatly needed."

For more information about Homestead Active Adult Community, please click below:

2022 SENIOR & CAREGIVER RESOURCE GUIDE

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 to find needed services throughout Solano County.

Locally, both our Information and Assistance programs created beautiful new guides for Solano and Napa counties. Information on available services is arranged alphabetically in an easy-to-find & read format. For copies of the **Senior & Caregiver Resource Guides** contact the following

- Napa County: 707/253-4248
- Solano County: 707/297-3782

FEATURED STORIES



Dispelling the myths of ageism — older workers are highly employable

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

The older one gets, the more likely one will be subjected to age discrimination — stereotyping of and bias against people because of their age. A Duke University study found that 80 percent of respondents over age 60 experienced ageism:

denigration, disrespect, and marginalization by societal norms. Stereotypes of older adults abound — slow, incompetent, frail, demanding, and unproductive.

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



The Starfish Story

Submitted by Donna Altes

An old man was walking on the beach one morning after a storm. In the distance, he could see someone moving like a dancer. As he came closer, he saw that it was a young woman picking up

starfish and gently throwing them into the ocean. "Young lady, why are you throwing starfish into the ocean?"

"The sun is up, and the tide is going out, and if I do not throw them in they will die," she said.

"But young lady, do you not realize that there are many miles of beach and thousands of starfish? You cannot possibly make a difference."

The young woman listened politely, then bent down, picked up another starfish and threw it into the sea.

"It made a difference for that one." (*adapted from the story, "The Star Thrower", by Loren Eiseley*)

Rummaging through my files, I found this story from seven years ago, which had touched my heart so much. As with the starfish, and Noel, my 13-year-old student, think of the power of one. Every one of us can be that ONE!

Considering the power of one

Author Noel Brinkerhoff is a Napa native and editor of The American Canyon Eagle

There have been more stories, testimonials, and movies produced than I can begin to recall about the importance of education and how much a good teacher can mean to students.

For me, there is one tale of one teacher who is most important to me because of the direct impact it had on me personally.

My favorite teacher story is about Donna Altes.

She changed my life and put me on the path to the profession I love.

[Read More of This Story](#)

Embarrassed to share this very personal story, I decided the message was too important not to share:

As was so eloquently stated by my student decades ago, EACH of us has the power to change the life of another. EACH of us can reach out to a senior and make a difference.

One starfish at a time...

***With great hope and love,
Donna***

 **Providence**
Community Health Napa Valley
Formerly Collabria Care



Take control of your healthcare choices!

Advance Health Directive Workshop

Facilitated by Jeanne Cervone, LMFT, and Kim Butts, RN

Learn about the Healthcare Directive Form and choosing a Healthcare Representative. Attendance limited to 25. **RSVP required.**

[More Information](#)

Advance Health Directive

Why is it so important?

How many older adults and disabled have had their “plug pulled”?

Here is a recent story about how a group of senior advocates fought back and rectified state law to protect vulnerable citizens from profiteering hospital and HMO administrators taking over medical decision-making.

[Pulling the Plug](#)

MIND AND BODY



Suisun City Senior Programs

Suisun City senior programs are located at the Joseph Nelson Community Center. We are happy to welcome you to the facility, whether you live in Suisun City, Solano County, or beyond. There are no membership fees and many activities are free. Come join us for lunch and fun activities each week. We also have events, holiday celebrations, seminars, and trips that we encourage you to attend as well. [Weekly activities schedule](#). See the [Special Events, Trips and Tours](#). Remember to tell your friends and family about these programs.



IHS helps to improve the health and wellness for thousands of families in underserved and



INNOVATIVE
HEALTH
SOLUTIONS

vulnerable communities.

Movement - Nutrition - Nature - Free Events & Activities.

Are you starting your new year with some type of fitness plan? Do you have access to healthy foods at your home? Want to go outside, but are not sure where to go? Looking for a free event? Need more information? [Start Here](#). View our [CALENDAR](#)

Serving Napa and Solano



Top 5 Tips to Prevent Winter Viruses

Building a good defense will help prevent severe illness and hospitalization from the flu, COVID-19, and respiratory syncytial virus (RSV).

[Winter Virus Tips Fact Sheet](#)



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.

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

COMMUNITY VOLUNTEERS WANTED!



WHY VOLUNTEER?

I'm glad you asked!

Do you want to:

- Make a difference?
- Be involved in local senior issues?
- Collaborate to find solutions?



The Advisory Council on Aging to the Napa/Solano Area Agency on Aging has openings. If you have time to attend monthly meetings and work on special projects, the ACOA is for you.

Check out the website and download an application. www.aaans.org/advisory-council.

Make a difference, make new friends, and get involved. The ACOA needs you!

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

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