



Commission on Aging

SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
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January/February/March 2018

Senior Update

...The Eyes and Ears of Alameda County Seniors

Happy New Year from Commission Chair Donna Murphy

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Happy New Years to One and All

As we enter into 2018, we can look back at the myriad of accomplishments and opportunities to strengthen our senior safety net during 2017. Alameda County Advisory Commission on Aging (ACA) Commissioners have been involved in advocacy efforts and many older adult community events as we strive to develop an Age-Friendly County.

The ACA continues to advocate for continued Older California's Act funding in addition to efforts to support the "Silver Tsunami" as we have an increasing number of older adults in Alameda County in need of our services and programs.

Thank you all,
Chair Donna Murphy
Alameda County Advisory Commission on Aging

Gettin' on Down the Road— Celebrate Your Mobility!

Carol Powers, Senior Injury Prevention Coordinator, Alameda County Emergency Medical Services

I cherish my mobility. My two feet have taken me to so many wonderful places, both foreign and familiar. It's pretty miraculous that our bodies balance and flex so that we can move from one place to another. I call this movement, "gettin' on down the road."

As we age, as we all age, the master key to staying mobile is having somewhere we want to go. The destination could be people we want to go see. A place we want to visit. Or a trip to the dining room for a meal with the cat. If you are not sure about where you want to go, talk to friends and family. We all need inspiration from time to time. Having a reason to move, a purpose or goal in mind, really helps with getting up and moving.

Not all of us share the same ways we get from here to there. We may use wheelchairs, walkers, crutches, canes, and all manner of devices that roll or glide. In a lifetime, we may use them all. Think of the footwear involved! One of my favorite ways is walking and talking. Do you have a fav-

orite? Scooter anyone? Mobile is mobile!

If our focus is on where we want to go, then the how we get there is in service to our goals. It's not just a goal in and of itself. Under the banner of fall prevention lies what I call adaption training. Taking an evidence-based fall prevention class increases our strength, flexibility, and balance. As a result, we become more confident and capable. Our journeys are likely to be more care-free and enjoyable. Getting mobility-oriented exercise regularly is just an adaption for "gettin' on down the road."

Also under the banner of fall prevention, are tools for mobility. Arranging our homes so we worry less about tripping and falling, frees our minds for other things.

This project has lots of tools to offer. There are grab bars, handrails, good lighting, and work-arounds for stairs and steps. Having difficulty getting up out of a comfy chair? Try a floor pole. It's an upper body workout and a chair liberator all in one. Consider a home modification assessment where an expert will help with your home safety. It's all about mobility.

If it takes a cane, a walker, or the arm of a friend to help me get to where I want to go, I'm all in. I invite you to cherish your mobility. Plot a course. Take a class. Pick up the phone. Step out your door. What's your next destination for "gettin on down the road?"

To find resources on fall prevention classes, home safety, and other mobility enhancing topics, go online and search for Alameda County Social Services, Area Agency on Aging, Fall Prevention Resource Guide. Call them at 1-800-510-2020 510. Or call Carol Powers at 510-667-2050.





We Are Here to Help You Realize Your Dream

Sarah Kim-Lee, Social Security Regional Public Affairs Specialist

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January 15 is Martin Luther King, Jr. Day — a national holiday and a day of remembrance. Martin Luther King Jr. dedicated his life to creating and fostering equal rights for African Americans, and he died during his efforts to make his dream a reality. Many people commemorate this holiday by serving their community and giving to others who may be less fortunate. In many ways, this is what Social Security does every day, all year long.

A great way to be of service to others is to help someone you know who may need assistance applying for Social Security, Medicare, or *Extra Help* with Medicare prescription drug costs. This is easy to do at

www.socialsecurity.gov.

Some people who need these benefits may not be comfortable with computers or may not even know applying online is an option. But now, it's easier than ever to apply for such benefits from the convenience of a home computer. For example, it's easy to apply for retirement benefits at

www.socialsecurity.gov/applyonline.



It can take as little as 15 minutes from start to finish. Once the application is electronically submitted, in most cases, there is nothing more to do.

It's even easier to apply for Medicare, for people who do not plan to begin their Social Security retirement payments yet but who do want Medicare coverage. The application takes about 10 minutes and you can find it at

www.socialsecurity.gov/medicareonly.

People who already have Medicare coverage, but who need help meeting prescription drug costs, can apply for *Extra Help* online at www.socialsecurity.gov/extrahelp.

This holiday, you may want to make a trip to see the Martin Luther King, Jr. Memorial in Washington D.C. or read or listen to a recording of his legendary *I Have a Dream* speech. You can also make your Martin Luther King Jr. Holiday a day of service to someone who can use your help. Lead them to www.socialsecurity.gov. It may be easy for you, but it may help someone you love realize their own dreams.

Nutrition Trends in 2018

Mary Louise Zernicke, Area Agency on Aging Senior Nutritionist

As we charge into 2018, many of us take stock on our health and nutrition habits. In nutrition, sometimes it seems as though nutrition recommendations shift frequently. What is trending for 2018?

Cholesterol

Did you know that the government no longer has a recommended dietary cap on **cholesterol** intake? It has been determined that most of your risk for increased blood cholesterol is because of your genes, and that dietary cholesterol has minimal impact on blood cholesterol. So, don't feel guilty eating those eggs. Will this recommendation stick? Stay tuned.

Microbiome

The research into the role of gut bacteria right now is intense. Researchers are looking at the role of food intake vs genetics in determining your **microbiome**—the type and number of bacteria you have in your gut—and what role those bacteria play in not only your digestive health, but your overall health and disease risk.

What is the collective and individual roles of various species of bac-

teria, and even viruses and parasites? Stay tuned.

Acrylamide

Acrylamide is a chemical that can form in some foods during high-



temperature cooking processes, such as frying, roasting, and baking. Acrylamide in food forms from sugars and an amino acid that are naturally present in food; it does not come from food packaging or the environment. Your highest-risk foods for acrylamide exposure fall into three basic categories: (1) fried, processed foods like potato chips and french fries; (2) baked snack foods containing wheat and sugar, including cookies and crackers; and (3) processed foods involving toasted grains. While acrylamide has been proven to cause cancer, the National



Cancer Institute currently suggests only that individuals eat a healthy diet with limited processed and fried foods to limit acrylamide intake. Stay tuned.

Tumeric

Tumeric is a spice that comes from the turmeric plant. It is commonly used in Asian food. You probably know turmeric as the main spice in curry. It has a warm, bitter taste and is frequently used to flavor or color curry powders, mustards, butters, and cheeses. But the root of turmeric is also used widely to make medicine. Turmeric may reduce the risk of some cancers, dementia and medical conditions associated with increased inflammation. Stay tuned.



New Center for Elders' Independence Opening in San Leandro

New CEI-PACE Center Opening in San Leandro

In November, Center for Elders' Independence (CEI) celebrated completion of its newest facility for serving at-risk older adults in Alameda County. The nearly 1,600 square foot PACE Center is located at 1850 Fairway Drive in San Leandro, just off the 880 freeway. It will open for business in December 2017 or early 2018.

"We are so excited about this new space," says Linda Trowbridge, CEO. "CEI believes that wellness is holistic – we offer medical and social services and care for the body, mind, and spirit. This new center was built based on input from our participants and staff and it is going to help CEI provide excellent services to over 500 Central Alameda County residents."

The beautiful, state-of-the-art San Leandro Center, CEI's largest yet, features:

- Fully equipped geriatric health clinic with six exam rooms
- Activity center for group exercise, entertainment, and celebrations, with breakout spaces for art projects, games, special interest clubs, and discussions
- Computer lab where participants can safely explore the internet
- Tranquility rooms and family meeting rooms
- Demonstration kitchen that enables participants to observe and be involved in food and snack preparation
- Restaurant-like dining room
- Spacious, ultramodern fitness gym with cutting-edge equipment, staffed by physical and occupational therapists for individual therapy and group exercise
- Large outdoor courtyard connected to the activity room with ample space for gardening and enjoying fresh air.

CEI provides comprehensive health care, social services through its Program of All-inclusive Care for the Elderly (PACE) at various locations in Alameda County and West Contra Costa County. PACE also provides home care as needed, to help participants to keep living safely in the community. The new center, which will serve older adults who live in Hayward, San Leandro, Castro Valley, San Lorenzo, Ashland, and Cherryland, will also be a licensed Adult Day Health Center (ADHC).

For more information about CEI and PACE, call 510-433-1150 or visit www.elders.org.



Social Security News Release

Friday, October 13, 2017
For Immediate Release



Mark Hinkle, Acting Press Officer
press.office@ssa.gov

News Release

SOCIAL SECURITY

Social Security Announces 2.0 Percent Benefit Increase for 2018

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million Americans will increase 2.0 percent in 2018, the Social Security Administration announced today.

The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits) The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700 from \$127,200. Of the estimated 175 million workers who will pay Social Security taxes in 2018, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2018, when announced, will be available at www.medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

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NOTE TO CORRESPONDENTS: Attached is a fact sheet showing the effect of the various automatic adjustments.

To get more Social Security news, follow the Press Office on Twitter [@SSAPress](https://twitter.com/SSAPress).

This press release was produced and disseminated at U.S. taxpayer expense.

Alameda County Long Term Care Ombudsman

Denyse McCowan, Regional Program Coordinator

The Alameda County Long Term Care Ombudsman (LTC) program is looking for volunteers. If you are passionate about advocating for residents of long-term care facilities, are observant, reliable, and can use your interpersonal skills to help resolve issues, you may want to consider joining the Ombudsman team.

You and other volunteers will participate in a 36 hour volunteer training program and then spend a few hours a week helping people in need by responding to and investigating complaints.

For more information, please contact Denyse McCowan or Andrea Hall at ombuds@acgov.org or (510) 638-6878.

Pictured right is LTC Ombudsman Kelly Mason at the Four Seasons Health Expo in Fremont.



Elder Abuse is Real

Rezsing Gonzalez, Program Specialist, Division of Adult Protection

Be vigilant! Elder abuse does not discriminate and touches all communities. It is one of the most under-reported crimes in America and has been called the fastest growing crime of the 21st century.

Approximately 1 in 10 older adults are abused each year, and yet it is estimated that only 1 in 14-23 abuse cases are ever reported. Abused older adults are more likely to be placed in a skilled nursing home and their mortality rate is 3 times higher than non-abused older adults.

Be attentive! Your grandparent, parent, neighbor, friend, or even you could be victimized by this silent epidemic. Elder abuse can take several forms: physical, psychological/emotional, neglect and financial. And tragically, 70% of abuse/exploitation is perpetrated by a family member, caregiver, or close family friend.

Be aware! Elder financial abuse costs \$36.5 BILLION per year! A senior may have been tricked into paying cash for unnecessary work on their home or encouraged to donate to a fictitious charity.

A senior may be a victim of identity theft or have their savings stolen from them by a stranger or even someone closest to them.

Elder Abuse is Real! If you are ever in doubt, call Alameda County Adult Protective Services at 1-866-CALL-APS. You can learn more by viewing the website:



AlamedaElderAbuse.org



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Senior Information

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We're On The Web!

http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa.cfm

Senior Update Editorial Board: Donna Ireland, Shelley Zak, Sarah Kim-Lee, Winifred Arbeiter, Delbert Walker, Jose Villaflor

Dates to Remember:

New Year's Day—January 1, 2018

Martin Luther King Jr. Holiday— January 15, 2018

Lincoln's Birthday—February 13, 2018

Valentine's Day— February, 14 2018

President's Day—February 19, 2018

St. Patrick's Day—March 17, 2018

First Day of Spring—March 20, 2018

Upcoming ACA Meetings

ACA Meeting— January 8, 2018

ACA Meeting— February meeting TBD

ACA Meeting— March 12, 2018