



SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
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OAKLAND, CA 94605-1907

April/May/June 2020

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Make Your Mark: Support Your Local Senior Center

Regina Silbert, Advisory Commission on Aging (ACA) Commissioner

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Senior Centers & IHSS Changes



May 2020 is Older Americans Month, and this year's theme is "Make Your Mark". There are many ways that older adults can "make their mark", but I think one of the most important ways to do this is to support your local senior center. If the baby boomers, now members of the "older adult" population, do not begin to get involved in shaping the senior centers of the future, these important resources will become as extinct as the dinosaurs. This would be devastating to a vast majority of older adults who cannot afford to live in upscale, self-contained retirement communities and need an entry point to an array of services that will assist them as they try to age in place.

The National Council on Aging (NCOA) reports that while the overall senior population is increasing, America's senior centers face falling attendance rates and minimal fiscal support. Senior centers offer a wide range of health, education, recreation, volunteer and other social interaction opportunities for their participants that enhance dignity, support independence, and encourage community involvement. Centers are also a resource for the entire community, providing services and information on aging, and assisting family and friends who care for older persons.

The NCOA has studied the use and participation level of senior centers across the country. Their research has shown that older adults who participate in senior center programs are better at managing chronic diseases and can sometimes delay the onset of these ailments. They found that participants experience measurable improvements in physical, social, emotional, and mental well-being.

Senior centers can also provide a social environment that helps people develop a social support system, reducing loneliness and depression.



Make Your Mark: Support Your Local Senior Center (Continued)

Although additional research is needed, we are beginning to get a clearer picture of the positive influence senior centers can have on successful aging.

Practicing healthy behavior was shown to be positively associated with the number of educational and health promotion programs attended at senior centers. Participants who make positive behavioral changes were more likely to enjoy a more positive outlook on life. Engaging in health promotional activities also enhances the feeling of empowerment by maintaining a more independent lifestyle.

Obviously, senior centers are a vital component of successful aging for a good portion of America's graying population. But without support, they will disappear. So I urge you, make your mark and support your local senior center! One of the easiest ways to do this is to become a member. The membership fee is nominal, usually between \$12 - \$20 annually. Encourage your friends and family members to do the same. Another way to support your senior center is to volunteer—centers always need volunteers for events, classes and committees. This is also a good way to help senior centers evolve to meet the social and program needs of the baby boomer generation.

And, of course, PARTICIPATE! Get a monthly schedule of classes and programs from your local senior center. I am a member of the East Oakland Senior Center and when I am not working, I attend exercise classes (nominal donation) that are really fun and good for my overall health and well-being. There are also wonderful cultural programs, movies, holiday luncheons, trips (casinos, cruises, Paris!) As an "elder orphan" with no family, I appreciate the kindness and welcoming environment that I have discovered at my senior center.

As the old TV commercial used to say, "Try it, you'll like it"!

(Please refer to the insert for Alameda County senior center information.)

Master Plan for Aging's *EngageCA.org* available in Spanish & English

The California Department of Aging's new campaign, *EngageCA*, is designed to encourage Californians from every walk of life to get involved in the development of the Master Plan for Aging. In order to reach diverse communities across the state, the campaign's website is now available in Spanish and Chinese – two of the most widely-spoken languages in California.

Now is your chance to make sure the Master Plan is focused on equity and diversity: Share www.engageCA.org, www.engageCA-espanol.org, or www.engageCA-chinese.org in your communities to give as many Californians as possible the opportunity to share their vision for a robust and reliable system of services and supports, from health care to housing and transportation, that can support an equitable, age -and disability-friendly California!

We hope you'll join us for one of our many upcoming meetings and webinars. Check out www.engageCA.org for details – and stay tuned for more updates!

It Takes A Village

Laura McMichael-Cady, Eden Area Village President & ACA Commissioner

We are used to hearing that phrase in relation to caring for children, but it applies to our older population as well. In 2010 Stanford's Center on Longevity projected a doubling of the senior population (those over 65) by 2030. This is an increase from 4.3 million to 8.4 million!

Fortunately, the state has been addressing this increase in its Plan on Aging. However, the needs of the aging population are likely to require more than just government assistance to be met. We have a shortage of caregivers, housing, medical providers, and funds.

What we have is a surplus of seniors, many of them able-bodied and eager to stay active and engaged in their communities! This is where senior villages come in. The first senior village started in Boston 20 years ago when a group of friends gathered to discuss how they could help each other remain in their homes and the neighborhood they loved.

According to one of the founding members: "It used to be: collect your social security check and check out your brain. But that's nuts. Many of our original founders were 65 and on top of their game. We wanted to continue living active lifestyles, while recognizing that there may be periods when we'd need help." They queried local seniors as to their needs and looked at available resources, then formed a board of directors and hired staff to help coordinate access to those resources.

Since then the village movement has grown. There are now 240 open villages and more than 100 in development in 41 states and the District of Columbia. The Village to Village Network, a membership organization that helps villages share ideas and resources, formed in 2010, and Village Movement California, which provides California villages with information and advocacy, formed in 2018.

California is home to more villages than any other state, the Bay Area has 20 plus villages, and Alameda County is home a few: Ashby, Eden, Greater Niles and North Oakland Villages. A common expression among villages is: "If you've seen one village, you've seen one village." What this means is that every village is unique, although they all have the same goal of seniors helping seniors to remain active and engaged, in their own homes for as long as they like, and with access to the information and resources they need.

For more information, check out Eden Area Village at edenareavillage.org, email them at info@edenareavillage.org, or call 510-969- 2732.

What You Need to Know about the Census 2020

Alessia Simmonds, Outreach Manager, Alameda County Census Outreach

A lot can change in 10 years -- your neighborhood might look a lot different, maybe you have some new family members living at your house. The Census 2020 is coming up in March, and it's all about counting everyone who is living in the United States, whether they are a citizen or not. All people living here, building and contributing to our communities, need to be counted.



The Census is a survey of our country and helps us understand how many people live here. It's mandated by the constitution. The Census allows the federal government to know what neighborhoods are growing and the needs they have, and determines how more than \$800 billion in federal funds for public services and infrastructure needs are distributed.

The Census count is also used to determine accurate congressional representation for each community. It is used to determine local government boundary lines and school districts. An accurate count allows for our community to be accurately represented and our voices heard. This information is also used to determine revenue allotted to the County for Older Adult Services.

Alameda County is home to many historically undercounted communities, which has led to underrepresentation of our count and our true diversity. An accurate count can lead to more schools, parks and more jobs and health care for our community, and more services like natural disaster recovery, affordable housing, and highway repair.

The Census asks where you live and how many people live in your household. It will ask you questions about how many people live in your house, and their age, race and relationship. Everyone living in the house needs to be counted. Think about who you live with: yes, even the baby, grandma, roommate, tenant or cousin living in the backhouse needs to be counted.

The Census won't ask you to share any sensitive information, like your social security number or immigration status. The information that you supply for the Census is completely confidential and can not be shared with law enforcement agency. It is illegal for the Census bureau to release your information.

How do you complete the Census? Starting on March 12, you will start to receive a notice in the mail from the US Census Bureau with instructions on how to complete the Census 2020 online, by phone or on paper.
















CENSUS 2020

Our Community Counts. Our Community Belongs

Alameda County



**Complete Count
Committee**

WHY	<div> <div>Billions of dollars for our:</div> <div>  Schools  Healthcare  Children & Families  Housing  Transportation </div> </div> <div> <div>Political Power</div>  <div>Our voice in Congress</div> </div>
WHO	<ul style="list-style-type: none"> • Every adult, child, and baby living in the United States! • 1 Census form should be completed for <u>all</u> residents at each mailing address
WHAT	<ul style="list-style-type: none"> • The United States constitution requires all residents to be counted every 10 years • The questionnaire will take 12 minutes to complete. It asks nine questions about: address, race, age, and relationship to the other residents at the address, etc.
WHEN	<ul style="list-style-type: none"> • Census 2020 begins in mid-March 2020 • Starting May 2020, Census workers will begin going door-to-door to addresses who have not completed the Census to ask them to respond
HOW	<ul style="list-style-type: none"> • All addresses will receive a letter in the mail with instructions about how to take the Census through the following options: <div> <div>  <div>Online</div> <div>By computer, tablet, or smart phone</div> </div> <div>  <div>Phone</div> <div>The Census Bureau's 1-800 numbers</div> </div> <div>  <div>Paper</div> <div>Residents can request a paper form</div> </div> </div> <div> <div>Available In</div> <div>English, Spanish, Chinese, Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese</div> </div> <div> <div>Printed In</div> <div>English & Spanish</div> </div> • Census instructions will be available in all other languages spoken in Alameda County
WHERE	<div>  At home  At the library  At your child's school  At a senior center </div>

The Skinny on Sugar

Mary Louise Zernicke, Senior Nutritionist

Sugar is in the news! To understand the controversies around the health benefits or dangers of sugar it is important to understand the different kinds of sugars.

Natural sugar is a type of simple carbohydrate found in some foods and drinks. For example, lactose, or “milk sugar”, is a natural sugar found in milk. Sucrose, or “table sugar”, is a natural sugar found in many fruits. Lactose is made up of two single sugars, glucose and galactose. Sucrose is made up of two single sugars, glucose and fructose. Almost no foods in nature contain ONLY the single sugar glucose. However, other simple sugars convert to glucose in the body, and it is glucose that goes into the cell for energy.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Sugar added during the processing of a food is typically called an “**added sugar**” Added sugars are processed similarly in the body. One example of processed sugar is corn syrup, made from corn and with higher levels of fructose than ordinary sugar. How that extra fructose gets converted to glucose—or not—is a source of major controversy. Foods containing high levels of added sugar include soft drinks, flavored yogurts, cookies, cakes, some cereals, and candies. Many processed foods contain small amounts of added sugars.

All sugars add sweetness. However, natural sugars are typically in foods that have some additional nutrients. They are also typically included in foods with some fiber, which slows down the digestive processing of the sugar and so slows the rise of sugar in the blood. But natural sugars, including honey and molasses, do raise blood sugar. So even if you consume only natural sugars, it is recommended that you limit your total sugar intake to less than 10% of your Calorie intake. For women, that is about 6 teaspoons (2 TBS) and for men about 9 teaspoons (3 TBS) daily. (For reference, one 12 oz coke has over 9 teaspoons of sugar.)

Some good news is that you can now see on the food label how much sugar is in the food, and the source of that sugar. On the example here the Total Sugars and Added Sugars are shown on the label. As you look at the label above, know that 1 tsp =28 grams. In the example here the food has 6 grams of sugar, or about ¼ tsp.

Social Security Benefits Increases in 2020

Sarah Kim-Lee, Social Security Regional Public Affairs Specialist & ACA Commissioner

Tax season is approaching, and we have made replacing your annual Benefit Statement even easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form we mail each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from us in the previous year so you know how much Social Security income to report to the IRS on your tax return.



If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal *my Social Security* account at www.socialsecurity.gov/myaccount. A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you already have a *my Social Security* account, you can log in to your account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a *my Social Security* account, creating one is very easy to do and usually takes less than 10 minutes.

If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI) benefits. With a personal *my Social Security* account, you can do much of your business with us online. If you receive benefits or have Medicare, your personal *my Social Security* account is also the best way to:

- **Request a replacement Social Security number card (in most states and the District of Columbia).**
- **Get your benefit verification letter.**
- **Check your benefit and payment information.**
- **Change your address and phone number.**
- **Change your direct deposit information.**
- **Request a replacement Medicare card. Report your wages if you work and receive Social Security disability insurance or SSI benefits.**

Visit www.socialsecurity.gov to find more about our online services.

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Area Agency On Aging
Advisory Commission on Aging
6955 Foothill Blvd, Suite 300
Oakland, CA 94605-1907

Phone: 1-800-510-2020

Fax: 510-577-1962

We're On The Web!

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

**Senior Update Editorial Board: Ramil Rivera
Donna Ireland, Regina Silbert, Delbert Walker**

Senior Information

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The Alameda County Area Agency on Aging, along with The Center for Independent Living and Community Resources for Independent Living working to be a reemerging ADRC to promote and provide easy, uniform, and streamlined access to a broad array of services, support, and advocacy for individuals seeking long-term supports and services (LTSS) and information about LTSS.

Dates to Remember:

National Walking Day - April 1, 2020

World Health Day - April 7, 2020

Passover - April 8, 2020

Good Friday - April 10, 2020

Easter - April 12, 2020

Tax Day - April 15, 2020

Earth Day - April 22, 2020

Cinco de Mayo - May 5, 2020

Mother's Day - May 10, 2020

Memorial Day - May 25, 2020

World Elder Abuse Awareness - June 15, 2020

Summer Solstice - June 20, 2020

Father's Day - June 21, 2020

Upcoming Meetings:

Advisory Commission on Aging

- ♦ April 13, 2020
- ♦ May 11, 2020
- ♦ June 8, 2020

Information & Assistance Roundtable

- ♦ May 15, 2020



Area Agency on Aging

Senior Centers

NORTH COUNTY

- [Albany Senior Center](#)
846 Masonic
Albany, CA 94706
510-524-9122
- [Downtown Oakland Senior Center](#)
200 Grand Avenue
Oakland, CA 94610
510-238-3284
- [J-Sei, Inc.](#)
1285 66th St.
Emeryville, CA 94608
510-654-4000
- [North Berkeley Senior Center](#)
1901 Hearst St.
Berkeley, CA 94710
510-981-5190
- [South Berkeley Senior Center](#)
2939 Ellis St.
Berkeley, CA 94703
510-981-5170
- [Emeryville Senior Center](#)
4321 Salem St.
Emeryville, CA 94608
510-596-3730
- [Fruitvale San Antonio Senior Center](#)
3301 E. 12th Street, Suite 201
Oakland, CA 94601
510-535-6123
- [Mastick Senior Center](#)
1155 Santa Clara Ave.
Alameda, CA 94501
510-747-7500
- [Family Bridges, Inc.](#)
168 11th Street
Oakland, CA 94607
510-763-9017

NORTH COUNTY (Continued)

- [St. Mary's Center](#)
925 Brockhurst Street
Oakland, CA 94608
510-923-9600

CENTRAL COUNTY

- [Hayward Senior Center](#)
22325 N. Main St.
Hayward, CA 94541
510-881-6766
- [Kenneth C. Aitken Senior Center](#)
17800 Redwood Rd.
Castro Valley, CA 94546
510-881-6738

EAST COUNTY

- [Dublin Senior Center](#)
7600 Amador Valley Blvd.
Dublin, CA 94568
925-556-4511
- [Pleasanton Department of Parks and Community Services](#)
5353 Sunol Blvd.
Pleasanton, CA 94566
925-931-5365
- [Livermore Senior Services Center](#)
4444 East Avenue
Livermore, CA 94550
925-373-5760

SOUTH COUNTY

- [Fremont Senior Center](#)
40086 Paseo Padre Parkway
Fremont, CA 94538
510-790-6600

For additional information for senior centers and older adult services, please visit the Senior Resource at: https://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa_senior_ia.cfm

ATTENTION IHSS RECIPIENTS & PROVIDERS

PAPER TIMESHEETS ARE GOING AWAY!!



TIME TO GO ELECTRONIC OR TELEPHONIC

www.etimesheets.ihss.ca.gov

Starting May 1, 2020, you **MUST** begin using one of the following two options to submit, review, approve or reject timesheets



Drop-in assistance will be available at:

Adult and Aging lobby

Monday- Friday

9:00am-12:00pm & 1:00pm -4:00pm

6955 Foothill Blvd; Suite 143 Oakland, Ca. 94605.

Training videos can be found on YouTube website:

<https://www.youtube.com/watch?v=jYW5BDUaoXI>

**TO AVOID DELAYS IN YOUR PROVIDER PAYMENTS,
DON'T WAIT UNTIL THE LAST MINUTE- ENROLL NOW!**

For more information, contact CDSS Help Desk at (866) 376-7066
or contact Alameda County EVV Hotline at (510) 577-5600.

