



SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
6955 FOOTHILL BLVD, SUITE 300
OAKLAND, CA 94605-1907

Oct/Nov/Dec 2022

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Inside this issue:

The Origins of Veterans Day	1
Asset Limit Changes to Non-MAGI Medi-Cal Programs	2
Be A Volunteer	3
Legislative Corner	4
Medicare's Annual Enrollment	4
Meet Your Commissioner	5
Commissioner's Needed To Serve On The Alameda County Advisory Committee on Aging	5
Resources and Meeting Dates/Times	6

THE ORIGINS OF VETERANS DAY

(Written by Clint Taxdahl, Veterans Service Officer)



In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. The location is on a hillside which overlooks the Potomac River and the city of Washington, D.C. It has become the focal point of reverence for America's veterans. Similar ceremonies occurred in England and France, where an unknown soldier was buried in each nation's highest place of honor.

These memorial gestures all took place on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the 11th hour, of the 11th day, of the 11th month). The day became known as "Armistice Day." Armistice Day officially received its name in America in 1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action.

If the idealistic hope had been realized that World War I was "the War to end all wars," November 11 might still be called Armistice Day. However, only a few years after the holiday was proclaimed, war broke out in Europe and 16.5 million Americans took part. Armistice Day was changed to honor all veterans. The first celebration using the term Veterans Day occurred in Birmingham, Alabama, in 1947.

In 1954, Congress passed a bill that President Eisenhower signed proclaiming November 11th as Veterans Day. National Ceremonies are held at Arlington National Cemetery which is the focal point for official national ceremonies for Veterans Day and continue to be the memorial amphitheater built around the Tomb of the unknown. At 11 a.m. on November 11, a combined color guard representing all military services executes "present arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath. The bugler plays "taps." The rest of the ceremony takes place in the amphitheater.

Veteran's Day ceremonies at Arlington and elsewhere are coordinated by the President's Veterans Day National Committee. Chaired by the Secretary of Veterans Affairs, the committee represents national veterans organizations. Governors of many states and U.S. territories appoint Veterans Day chairpersons who, in cooperation with the National Committee and the Department of Defense, arrange and promote local ceremonies. On Veterans Day, we salute you all. Thank you for your service, and welcome home!





ASSET LIMIT CHANGES FOR NON-MAGI MEDI-CAL

(Submitted by Commissioner Laura McMichael-Cady from the California Dept. of Healthcare Services, dhcs.ca.gov)

Basic Information: Beginning July 1, 2022, a new law in California will increase the asset limit for Non-Modified Adjusted Gross Income (Non-MAGI) Medi-Cal programs. Non-MAGI programs generally provide health care for seniors, people with disabilities, and individuals who are in nursing facilities, as well as some other specialty groups.

The increased asset limits will allow a larger number of applicants to become eligible for Medi-Cal benefits, and will allow qualified beneficiaries to retain a larger amount of non-exempt assets and still be eligible for Medi-Cal. All other Non-MAGI Medi-Cal rules regarding the treatment of assets will still apply, such as exemptions for your home and vehicle.

The new limits will be as follows:

Household Asset Limits for Non-MAGI Programs as of July 1, 2022	
Household Size	Asset Limits
1 person	\$130,000
2 people	\$195,000
3 people	\$260,000
4 people	\$325,000
5 people	\$390,000
6 people	\$455,000
7 people	\$520,000
8 people	\$585,000
9 people	\$650,000
10 people	*715,000

DHCS is collaborating with the County Welfare Directors Association of California (CWDA), county social services agencies, consumer advocates, and other interested parties to ensure a successful implementation.

BE A VOLUNTEER!

(Submitted by Commissioner Laura McMichael-Cady)

These senior service organizations need your energy, talents, and skills as a volunteer.

LIFE ELDER CARE: (510-582-1263, info@lifeeldercare.org) provides free services, support, and resources for homebound seniors in Alameda County.

Meals on Wheels deliver a meal and a smile to homebound elders in Fremont, Newark, and Union City; M-F, 10-12 pm. Choose a day and a frequency that works for you (for example, weekly, every other week, monthly, or be a back-up driver) to bring joy and good health to a frail senior.

Drivers help seniors get to appointments, shop for groceries, and complete other essential errands. Volunteer drivers provide a steady arm, visual guidance and support, and basic assistance at the destination. We offer flexible weekday scheduling. Rides generally take 2 hours and you can choose where, when, and how often you want to drive.

Friendly Visitors visit with an isolated senior 1-2 hours a week. Make a new friend and enjoy good conversation, laughter, board games, a shared hobby – or go out for lunch, a walk, shopping, or appointments. This is our most flexible opportunity as you can choose any mutually agreeable day and time.

Office Support help prepare mailings, make phone calls, conduct surveys, support events, translate collateral, and provide other office and admin support as needed.

SOS MEALS ON WHEELS: (510-582-1263, info@sosmow.org) primary function is to deliver nutritious, balanced meals and friendly safety checks to homebound seniors.

Volunteer Drivers use their own vehicles and fuel to pick up meals from one of two locations--our main facility in San Leandro's Polvorosa Business Park or our Oakland Hub at the Cal Trans Parking lot. Drivers deliver 15-20 meals to clients in a section of Central Alameda County or the City of Oakland. Shifts are Monday through Friday from 9am to 11 am. Delivery usually takes 2-3 hours.

Adopt-A-Route sign up your group to take turns delivering meals once a week to 10-15 to local seniors.

Kitchen work on the tray-line assembling nutritious meals for our homebound seniors. A kitchen volunteer shift is from 9-11:30 am at our San Leandro office (2235 Polvorosa Ave, Suite 280). This is a great opportunity to sign up your club, church or corporate group for a one-time team building event!

Mercy Brown Bags assemble bags of non-perishable grocery items to be delivered to our most vulnerable seniors. Grocery bags need to be doubled, labeled and filled. This opportunity occurs twice monthly on the first and third Mondays, 9:30-11:30 a.m.

Administrative Assistance volunteers meet at 10 a.m. in Suite 280 on the last business day of each month. This task usually takes 2-2.5 hours to complete.

Young Volunteer teens can assemble emergency kits or holiday gift packs. Little ones can create cards, decorate placemats or lunch bags to be delivered to our clients, along with their meal.

LEGISLATIVE CORNER

(Written by Commissioner Howard Kirsch)

As a follow up to my last report, I want to let you know that I've been elected to serve a four-year term on the California Senior Legislature (CSL). I will be representing Alameda County as a State Senator for CSL. The 2020 edition of Senior Update had an article on the CSL. The January 2020 edition of Senior Update had an article on the history of the CSL. I'll just point out some highlights of that article.

The CSL, is an Independent State Agency supporting 80 Senior Assembly Members and 40 Senior State Senators. Each October, the CSL meets in Sacramento to convene a model legislative session at the State Capitol. CSL participate in hearing testimony, debating issues, and voting to approve or disapprove legislative proposals. Hearings on the proposals are held in policy committees. After hearing the proposals, ten are chosen to be brought to the State Legislators for writing into legislative language, and support for making them into laws by the regular Senate and Assembly.

Prior to the Annual Session, ideas are researched and made into proposals. My job as a CSL Senator is to bring proposals to the table that my constituents feel will better the lives of older adults in Alameda County as well as the State of California. My colleague, Barbara Price, and I would welcome your ideas for legislative proposals for the 2023 session of the California Senior Legislature.

Please email me at hkirsch@pacbel.net, with your suggestions. I will forward them to my colleagues and we will hopefully find a few issues and proposals that we can bring to the October session.

MEDICARE'S ANNUAL ENROLLMENT

(Submitted by Jennnifer Pardini, HICAP)

Medicare's Annual Enrollment Period runs from October 15th-Dec 7th and allows people to make changes in their Medicare plans for the upcoming year. If you have experienced changes in your health or financial situation this open enrollment period is your opportunity to ensure your health care needs are being met.

Health Insurance and Advocacy Program (HICAP) provides free, unbiased Medicare counseling to anyone in Alameda County. There is no cost to meet with our volunteer HICAP Counselors who provide individual appointments so that they can answer questions specific to each person's situation. By mid-October, we know what changes will affect coverage in 2023 and can provide accurate and detailed information for Alameda County Medicare beneficiaries.

Call HICAP at 510-839-0393 to schedule an appointment.

MEET YOUR COMMISSIONER

(Submitted by Commissioner Victoria Williams)



Commissioner Williams served 16 years as Paratransit Coordinator for the Cities of Hayward and Alameda and worked as Program Manager for Mobility Matters' Volunteer Driver Program from an office in Emeryville Senior Center. Ms. Williams worked in housing for 15 years. She was Resident Services Coordinator in affordable housing for seniors and people with disabilities for 14 of them, and she spent seven years with Eden Housing in Fremont and San Leandro. Prior to that, she worked for seven years with Christian Church Homes in

Visalia. She also served people moving to assisted living communities as a Placement Specialist covering Alameda County for Senior Visionary Services.

Other work in Social Service programs included: Program Coordinator with Elderly Services Partnership in Oakland, Senior Volunteer Coordinator with Kings/Tulare Area Agency on Aging, serving seniors living within a two-county area through the Friendly Visiting Program, which she initiated and coordinated, the Senior Peer Counseling Program, and the Ombudsman Program.

Past volunteer commitments include: Information & Assistance Specialist at San Leandro Community Senior Center, Driver for Mobility Matters, Friendly Visitor in San Leandro, Founding Board Member and Chairperson for Senior Services Foundation, Member of Senior Services Coalition Steering Committee, Alameda County Long Term Care Planning Council, Board Member with St. Peter's Community Adult Day Care in San Leandro, and Commissioner with Visalia Commission on Aging.

As an active retiree, Commissioner Williams is grateful for this opportunity to continue to serve Alameda County older adults as a Commissioner with the Alameda County Advisory Commission on Aging. She encourages other interested people to consider doing the same, because as we know at every age...it takes a village....

COMMISSIONERS NEEDED TO SERVE ON THE ALAMEDA COUNTY ADVISORY COMMISSION ON AGING

(Submitted by Commissioner Laura McMichael-Cady)

The Alameda County Advisory Commission on Aging (ACA) advises and provides information to the Board of Supervisors and the [Area Agency on Aging \(AAA\)](#). The commission is made up of representatives concerned about the needs and interests of older adults in Alameda County. The commission works in concert with the staff of the AAA to develop, plan, and administer, programs designed to assist older adults and their caregivers in the county.

The ACA participates in countywide efforts to enhance senior services and programs through advocacy, legislation, and program planning. The ACA also collaborates with older adult providers and make recommendations to the Board of Supervisors on the continuum of services for social services providers. The commission advises, reviews, and make recommendations to the AAA's countywide area plan and year-end reports. The commission includes 21 members, who are appointed by the Board of Supervisors or Alameda County Mayor's Conference. Members may serve a maximum of two, four-year terms.

For more information, please contact Jennifer Stephens-Pierre, Director, Area Agency on Aging (AAA) at 510-577-1966 or jspierre@acgov.org.

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SSA has launched a brand new website, take a look at the new user friendly layout and services search

Senior Update Editorial Board: Belinda Llaguno, Diarra Piggue, Laura McMichael-Cady, Delbert Walker

Senior Information

Phone: 1-800-510-2020
<http://seniorinfo.acgov.org>

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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.



Advisory Commission on Aging Meetings:

- ♦ Monday, October 10, 2022, 9:30 AM
- ♦ Monday, November 14, 2022, 9:30 AM
- ♦ Monday, December 12, 2022, 9:30 AM

Email aaa@acgov.org for a Zoom link to the meetings.

Information & Assistance Roundtable Meetings:

- ♦ Friday, November 18, 2022, 10:00 AM
(Information on Open Enrollment)
- ♦ Friday, January 27, 2023, 10:00 AM