

AGING & independence

Helping You Decide What Might Be Helpful

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DIRECTOR, AGING & INDEPENDENCE SERVICES

You might be surprised to know that many people who contact us for assistance don't know what they want. They know there's a problem, or that they're not happy with their situation, but they often don't know what's needed and have no clue what's available.

If you were to listen to our Call Center specialists as they answer the phones, you would hear them ask, "How long has this been happening?" or "Where is she living?" or "What have you tried before" and many other questions. One question can lead to more questions before there's an answer. The deeper they explore a person's circumstances, the better they can tailor their assistance.

I often tell the story of the woman who called asking where she could donate a pair of glasses. The Call Center specialist could have just steered her to a resource that recycles glasses, but after asking a couple more questions about the source of the glasses, the specialist discovered that the woman's husband had just died. Those were his glasses. The woman was given more help than just a place for those glasses.

As technology creeps more and more into our lives, we realize the value of incorporating the assets of our Call Center into the pages and links of our Network of Care Web site. More people are using the Internet to get information

since they can access it any time of the day, any day of the week. Many family members who assist their older or disabled relatives might not have time during the day to contact our Call Center, but after work, they can use the Network of Care to see what might be useful.

One of the new features of the Network of Care Web site resembles a Call Center specialist. It's called the Long-Term Care Options Counselor or LTC Options Counselor, for short. You'll find an icon for it on the left side of the Network of Care home page. Just like a Call Center specialist, it asks several questions, helping users to think through various aspects of their needs to narrow in on the right solution. The Options Counselor can help people with today's needs or to plan for future possibilities.

Another new icon on the Network of Care is Access to Independence

(A2I), which links Web site users to local assistance for persons with disabilities. Along with this connection, the Network of Care has an updated listing of assistive devices that can make life easier.

Because of the work AIS has done on Network of Care, it has served as a model for similar projects nationwide. The revised Older Americans Act seeks the creation of what are



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called "Aging & Disability Resource Centers" in all states. We are steps ahead with our combination of the Network of Care Web site and Call Center in creating what we're calling our "Aging & Disability Resource Connection."

For those of you with computer access, please visit our Network of Care: www.sandiego.networkofcare.org/aging. There are many new improvements, including the ability to Google search the Web site, which makes looking for specific information easier. We have a section about fall prevention, including reports and videos. There is material about abuse prevention, including a section for banks and credit unions, which are helping us in the fight against financial abuse. Our "In Focus" radio show is archived in the Network of Care; see the link on the right side of the home page.

The Web site's library has so much material you can stay in there for hours. There's a community calendar with several great events. And the "My Folder" section offers a secure and central location where people can create, update and store important health information.

The important thing to remember is that AIS is here to help. Whether it's through the Network of Care or our Call Center, when you don't know where to turn, turn to us. ▲

VITAL AGING FOCUS: DIABETES

Dr. Steven Edelman, a nationally recognized diabetes specialist who also has Type 1 diabetes, will be a featured speaker at our Vital Aging conference, being held Friday, June 15, at the Town & Country Grand Exhibit Hall, 500 Hotel Circle North in Mission Valley.



DR. STEVEN EDELMAN

Dr. Edelman directs Taking Control of Your Diabetes, a non-profit diabetes education group and is the author of a book by the same name.

Vital Aging will also focus on caregiving issues, fitness, nutrition, managing stress, and more.

The June 15 conference will be held from 9 a.m. to 2 p.m. and will include a box lunch, light breakfast, interactive exhibits and sev-

eral talks, including keynote speaker, actor Edward James Olmos. Cost is \$15, plus \$5 parking at the hotel.

For reservations, see www.sharp.com/seniors, or call (800) 827-4277. Adult day care will be available to aid caregivers, so indicate if you need that service.

There will be a corresponding event at the California Center for the Arts in Escondido on the same date. More details in the next bulletin. ▲



MARY DAVIS, SDG&E SENIOR MARKET ADVISOR, AND COOL ZONE COORDINATOR ANNA HENNESSY WITH AWARD.

NATIONAL HONOR FOR COOL ZONES

The American Society on Aging has announced that the Cool Zones program was selected one of six recipients nationwide for the 2007 Healthcare and Aging Award. As the program developer, AIS was honored at the recent ASA/National Council on Aging Joint Conference.

The Healthcare and Aging Awards is a national awards program that recognizes outstanding intervention programs developed to improve the healthcare of the aging population. The awards were given to organizations that have demonstrated high-quality, innovative programs that enhance quality of life or prevent functional decline in older adults.

The Cool Zone program began in 2001 after an unusually hot summer with energy blackouts and higher utility costs. Supervisor Dianne Jacob created the idea of having designated Cool Zones where seniors and others could come to share air conditioning and save their own energy, plus protect their health against the heat.

"The review committee found Cool Zones an innovative but simple and replicable model that could easily be instituted in other communities," said ASA Director of Special Projects Nancy Ceridwyn. Review Committee members also noted Cool Zones as an excellent collaborative project between public and private organizations.

AIS partners with SDG&E, which has provided funding for Cool Zones, and with several settings that agree to be Cool Zone sites, including libraries, nutrition centers, senior centers and more. ▲



SUPERVISOR DIANNE JACOB CREATED THE COOL ZONE IDEA.

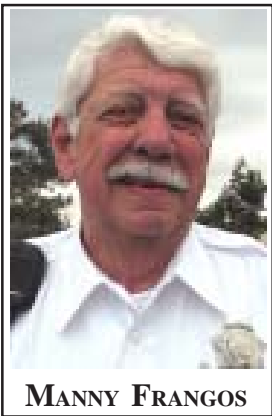
HONORING



RETIRED AND SENIOR VOLUNTEER PROGRAM

VOLUNTEER OF THE MONTH

Manny Frangos, nominated by Laurence Reisner, administrator of the Encinitas Sheriff's Volunteer Patrol, is our RSVP



MANNY FRANGOS

Volunteer of the Month. Manny has served in the Volunteer Patrol for more than two years. He recently used his excellent training and quick thinking to make a major contribution to the safety of his community. According to Reisner, "On Friday, March 16, Manny was driving north on Highway 101 in Solana Beach and witnessed a hit-and-run accident (vehicle versus bicyclist) which resulted in a fatality. He was not on

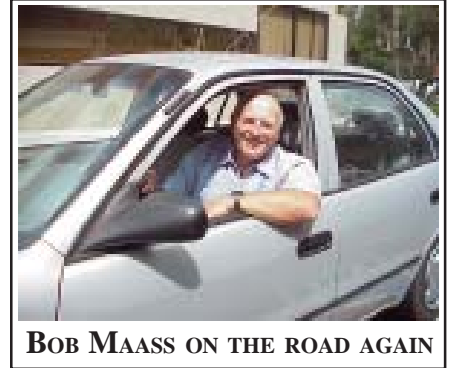
duty at the time, but he pursued the vehicle long enough to obtain a full license number and call it in on his cell phone. He then returned to the scene to discover that the collision had been fatal for the bicycle rider. The suspect was arrested 90 minutes later. Without the critical information Manny provided, the suspect would most likely still be at large." Congratulations, Manny. Your efforts truly make a huge difference in coastal North County.

RSVP BRUNCH NEWS

This year's RSVP Volunteer Recognition Brunch will be held from 9 a.m. to 1 p.m. on Thursday, May 17, in the newly opened Grand Exhibit Hall at the Town and Country Resort Hotel in Mission Valley. RSVP members with more than 50 reported volunteer hours for 2006 will receive an invitation to be our guest for a beef tenderloin meal. Invitations will be mailed in late April with return cards provided for reservations. Sponsor exhibitor tables will be available prior to the meal and program, which will feature awards, entertainment (the popular C. C. Sanders "The Candy Man" and the Moonlight Serenade Orchestra), and opportunity drawings. The parking fee is \$5. Bus transportation is available from Escondido, El Cajon and Chula Vista. Staff and friends will also be invited to attend at \$35 per person.

BEST WISHES TO BOB

The man, the myth, the legendary Bob Maass has retired from County service, after eight years in the position of RSVP Assistant Manager. Bob has traveled all areas of our county to represent RSVP and AIS, at networking



BOB MAASS ON THE ROAD AGAIN

meetings, health fairs, and training academies for new volunteers. Bob has been Mr. RSVP and knows many of the staff at our volunteer worksites and our community partners who support RSVP in numerous ways. We will miss his friendliness and sense of humor that infuses everything he does, plus the wise counsel he gave us. We want him to enjoy the time ahead, hit a hole-in-one on the golf course, and come back to visit us whenever he can.

VOLUNTEER OPPORTUNITIES

Public, nonprofit and health agencies seek volunteers in their communities. Potential volunteers can call RSVP at **(858) 505-6399** for information on these and other opportunities:

Elder Law & Advocacy needs volunteers for HICAP to help people understand their options with Medicare and related benefits. There will be 30 hours of classroom training and 10 hours of internship time. The training will begin on April 9.

O'Farrell Community School in San Diego is recruiting mentors for its "Project Live" program. Mentors will work with middle school students whose parents are incarcerated.

Meals-on-Wheels Greater San Diego, Inc. needs volunteers to deliver meals to seniors in need of nutritional support. Deliveries take around two hours and volunteers may serve once or twice a month. Meal pick-up sites are located throughout San Diego County.

PREVENT FALLS: A MATTER OF BALANCE

An award-winning national program, a Matter of Balance, is coming to San Diego County this month. Participants will learn to view falls as controllable, set goals for increased activity, make changes to reduce fall risks at home and exercise to increase strength and balance.

The federal Administration on Aging is funding a three-year pilot of this program in our County to include trained senior “lay leaders” as Matter of Balance teachers.

AIS has partnered with the nonprofit Silver Age Yoga in this project, however these will not be yoga classes. Some 14 lay leaders have been trained. Matter of Balance classes begin this month and will run for eight weeks per session.

Here’s the schedule for the free classes:

- Mondays from 1 to 3 p.m. at the Florence Riford Senior Center, 6811 La Jolla Blvd, La Jolla 92037.
- Thursdays from 9 to 11 a.m. at the Neighborhood House Senior Center, 795 S. Boundary St., San Diego 92113.
- Thursdays from 9 to 11 a.m. at the Imperial Beach Senior Center, 1075 Eighth St., Imperial Beach 91932.
- Wednesdays from 1 to 3 p.m. at the Poway Weingart Senior Center, 13094 Civic Center Dr., Poway 92064.

More class sites may be added as the program grows. Space is limited, so interested persons should register early by calling **(858) 495-5500**. Leave your name and phone number with area code. ♣

JOIN A COMMUNITY ACTION NETWORK

There are four regional Community Action Networks throughout the County that focus on the issues and needs of older adults and persons with disabilities. Join in!

The San Diego Community Action Network (SanDi-CAN) meets from 10:30 a.m. to noon the last Tuesday of each month at the War Memorial Building, 3325 Zoo Dr., San Diego. For more information, call Brian Rollins at **(858) 505-6305**; www.localcommunities.org/lc/sandican.

The East County Action Network meets from 1 to 3 p.m. the third Wednesday of each month at Wells Park, 1153 E. Madison, El Cajon. Call Kathy Holmes-Hardy at **(619) 401-3994**, or see www.EastCountyActionNetwork.org.

The South County Action Network meets from 1:15 to 2:45 p.m. on the fourth Tuesday of each month at the San Diego County Library, Bonita-Sunnyside Branch, 4375 Bonita Rd., Bonita. Contact Anabel Kuykendall, **(619) 476-6142**, or see www.localcommunities.org/lc/socan.

The North County Action Network meets from 1 to 3 p.m. the fourth Tuesday of each month at 1370 San Marcos Blvd., Room 100, in San Marcos. Contact My Linh Tran at **(760) 754-5945**; www.localcommunities.org/lc/atf. ♣

LEGACY CORPS MARKS ANNIVERSARY

The Legacy Corps program has just celebrated its second year, after having provided more than 5,200 hours of respite to family caregivers. The program pairs youth 13 to 25 years old with mature adults 50+ as service teams that assist with non-medical care to homebound seniors, giving their caregivers a needed break. Team members spend time playing games with the elders, providing companionship, helping with arts and crafts, doing light housekeeping, and even singing songs while developing a caring relationship.

Benefits to the team members include a monthly living allowance of \$200, an educational award of \$1,250 for a year of service, an opportunity to continue learning, and the chance to make a difference for caregivers and older adults.

The program is part of a national project with the University of Maryland Center on Aging. San Diego is one of nine sites for this international initiative. AIS partners with New Alternatives, Inc.

There will be two free informational sessions about the Legacy Corps for persons who might be interested in participating. The sessions will be held from 1 to 3 p.m. April 5 and 19 in the Sheffield Room at the Town & Country Convention Center, 500 Hotel Circle North in Mission Valley. There will be free parking, food and prizes.

For more information about the Legacy Corps, contact John Scholte, program director, at **(619) 253-5155**. ♣

AGING SUMMIT REPORT AVAILABLE

The final report from our 2006 Aging Summit, complete with conclusions and recommendations from committees that have been working since the event, is now available. The summit focused on the issues of the Maturing Workforce, Older Adult Obesity, and Older Adult Mental Health.

For a free copy of the report, contact Cindy Vogel at **(858) 514-4652** or email her at cindy.vogel@sdcounty.ca.gov. Leave your name and address with ZIP code. ♣

TUNE IN TO ‘IN FOCUS’ ON AM 1700

Our “In Focus” radio show is broadcast at 10 a.m. each Saturday on AM 1700, presenting different topics of interest for older adults and others.

Archived installments of the show are available on the Network of Care: www.sandiego.networkofcare.org/aging and on the *San Diego Union-Tribune*’s SignOnSanDiego ElderCare site: www.sandiegoeldercare.com (look under “Elder Talk Radio” and scroll down to “In Focus”). ♣

SEND IN YOUR ITEMS

This monthly calendar welcomes your contributions. Just send items by the 10th of each month preceding the issue date to: Denise G. Nelesen, editor, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123-1222. Or fax to: (858) 495-5080. Or you can email to denise.nelesen@sdcounty.ca.gov.

APRIL 13, FRIDAY

9 A.M. TO NOON

Meet the Pharmacist Day will be held at the George L. Stevens Senior Center, 570 S. 65th St., San Diego 92114. Presentations include fire safety and personal safety. Bring your medications and talk with a pharmacist. Receive a free Vial of Life. Reserve by April 11 by calling (858) 495-5500.

APRIL 14, SATURDAY,

1 P.M.

OWL, the voice of midlife and older women, will present a video, "One Care Now" with Stephanie Jennings and Susan Deurksen, at the Unitarian Universalist Church, 4190 Front St., San Diego 92103. They will discuss the California Single Payer legislation, which is OWL's Mother's Day theme this year. For more information, call Jane Patton at (858) 488-4784.

APRIL 17, TUESDAY

1 TO 3 P.M.

Meet the Pharmacist Day at the San Marcos Senior Center, 111 W. Richmar Ave., San Marcos. Bring your questions and medications and talk with a pharmacist. Reservations required; call (877) 926-8300.

APRIL 19, THURSDAY

11 A.M. TO 1 P.M.

The Food for Thought program at the Vista Library, 700 Eucalyptus Ave. in Vista, will feature "Microwave Magic" with Vickie Velasco. The program for May 3 will feature attorney Lois Kelly from Elder Law & Advocacy. Both hourlong programs will be followed by lunch. Cost for the lunch is a suggested donation. Registration is required for the lunch; call (760) 726-1340, ext. 1531.

APRIL 21, SATURDAY

8 A.M.

The Parkinson's Disease Association of San Diego is holding a 5K Walk and Fun Run at Liberty Station in Point Loma. Registration will begin at 8 a.m., with the walk at 9 a.m. To register or for more information, call (877) 737-7576 or see www.pdasd.org.

APRIL 23, MONDAY

8:30 A.M. TO 2:30 P.M.

"Finding Balance in the Art of Caregiving," a free conference for family caregivers, will be held at the La Mesa Community Center, 4975 Memorial Dr., La Mesa. Learn tips about hands-on care and transfer techniques, plus information about resources. Reservations required; call (800) 827-4277.

APRIL 24, TUESDAY

9:30 A.M. TO 12:30 P.M.

An eye disease seminar about glaucoma and macular degeneration will be held at the Braille Institute, 4555 Executive Dr., San Diego 92121. Drs. Ann Lopez and Sathy Bhavan from Sharp's Ophthalmology Department will present. To register for this event, call (800) 827-4277 or see www.sharp.com/classes.

APRIL 27, FRIDAY

9 A.M. TO 2:30 P.M.

A free Kinship Advocacy Summit for grandparents and other relatives raising children will be held at the Nan Coutts Cottage, 5045 Memorial Dr., La Mesa. Learn about financial assistance, educational opportunities, legal advocacy, resources, support groups and more. A childcare stipend is available. To register, call (800) 200-1222.

MAY 11, FRIDAY

10 A.M. TO 1 P.M.

Senior Health Fair will be held at the Santee Trolley Square, 9850 Mission Gorge Rd., Santee. There will be health screenings, resource information, entertainment and prizes. For more information, call (619) 740-4214.

NUTRITION COUNCIL

The Countywide Nutrition Council meeting will be held at 1 p.m. Thursday, April 19, and hosted by the Salvation Army Senior Center, 1011 E. Main, El Cajon. Lunch will be served from 11:15 a.m. to 12:30 p.m. Call (619) 440-2457, ext. 3 by April 13 to reserve your lunch.

ADVISORY COUNCIL

The AIS Advisory Council will meet at noon Monday, April 9, at Aging & Independence Services, 9335 Hazard Way, Kearny Mesa. This meeting will be a Public Hearing for the 2007-2008 Area Plan Update. Meetings are open to the public.

CA SENIOR LEGISLATURE

The San Diego CSL meets at 10 a.m. on the second Monday of the month at AIS.