

I & A Ro1odex

Clark County Senior Information & Assistance

Winter 2010

Volume 1, Issue 1

Special points of interest:

- Keeping a Healthy Heart
- Colorectal Cancer
- Cold Weather Safety Tips
- Medicare Spotlight
- Energy Assistance

Our NEW Quarterly Newsletter

Senior Information and Assistance (I & A) is happy to introduce our first quarterly newsletter. This has been something I & A has wanted to do for quite some time and is proud that it is finally here.

Each quarter this publication will have different points of interest that correlate with the season, Medicare, various events I & A will participate in as well as programs our agency the, Southwest Washington Agency on Aging & Disabilities may be taking part in or hosting.

Our hope is to also include you, our readers, and the people who access our programs and services. We would love for you to write or e-mail your experiences either with our agency or simply a "senior moment" that others may relate to or find amusement out of. These stories and experiences could be something that happened to you or someone you know; this could be an anonymous submission or you can take the credit.

Please contact Clark County Senior Information & Assistance with any ideas or input.

360-694-8144

iaclark@dshs.wa.gov



A Note from our Director TO: SW Washington Residents



Connecting elder American's and their loved ones to the services and resources they need

David Kelly is a fulfilling dynamic opportunity. As employees of the SW Washington Agency on Aging and Disabilities we have the honor of serving our senior citizens and adults with disabilities.

It is our hope as we do so that our actions, words and policies help set a respectful tone for our community. Entrusted with taxpayer resources our united desire is to help our clients and their loved ones achieve choice, independence, well-being and dignity.

Warm Regards,

David Kelly
Executive Director
SW Washington Agency on
Aging and Disabilities

www.helpingelders.org



Healthy Heart Tips

A healthy lifestyle flanked with good habits is essential in maintaining a healthy heart and overall wellness. Here are some helpful pointers:

- ◆ Stir-fry your meals.
- ◆ Don't overcook vegetables. Steam or bake them instead of boiling to keep their natural flavors and nutrients.
- ◆ Lose weight if you're overweight. Enjoy a 10-15 minute walk everyday.
- ◆ Take medicine the way your doctor prescribes.
- ◆ Check your blood pressure regularly and know what it should be.
- ◆ Change how you react to stressful situations. Stay positive.

*Information Acquired from:
American Heart Association*

Colorectal Cancer Facts & Screening

In 2009...

- 1 in 19 were diagnosed with colorectal cancer in their lifetime.
- 40,870 people were diagnosed with rectal cancer.
- 106,100 people were diagnosed with colon cancer.
- Over the past 15 years, the death rate of these cancers has declined.

These cancers are the third most common types of cancers found in the U.S. among both men and women. It very important to begin getting screened at fifty and regularly thereafter as risk continues to increase with age in both sexes.

There are several different screening options for colorectal cancer. Some tests are done alone while others are done in combinations together. Each person is unique and should talk with their doctor about the best possible screen for their individual situation.

Colorectal cancer typically begins with what is called a polyp, or an abnormal growth. Screening tests are designed to catch these polyps before they turn cancerous. If these abnormal growths have already turned into cancer, when caught early, there is a high probability that a person can be cured.

- Medicare will cover an annual fecal occult blood test.
- If you do not have Medicare, contact Senior Information & Assistance and we will assist you in screening options.



*Information Acquired from:
www.cancer.org & Centers for Medicaid & Medicaid Services*

Cold Weather Safety Tips

* Take Care of Yourself

Eat and drink wisely. Dress warmly and stay dry. Make sure your prescriptions are filled or set up for mail delivery incase you can't get out. Avoid exertion.

* Prepare Your Home

Have your chimney or flue inspected annually and make sure you have a working smoke detector. Keep a water supply, conserve heat, be sure to stock up on nonperishable foods and have a 72-hour emergency supply kit.

* Prepare your Car

Be sure to have your car serviced before winter hits. Key things to check: tires and air pressure, radiator, antifreeze level, windshield wipers and fluid.

* Travel Cautiously

If possible, stay off the roads. If you must, carry appropriate traction equipment, additional winter clothing and nonperishable snacks.

* Pay attention to your pets

Bring them indoors. If you can't, make sure they have adequate shelter to keep them warm and be sure they have access to unfrozen water.

For Cold Weather Tips and Factsheets contact Senior Information & Assistance

Information Acquired from:
U.S. Department of Health & Human Services
Centers for Disease Control & Prevention

Local Energy Assistance Programs & Information

In Clark County, Clark Public Utilities operates most of the local Energy Assistance programs.

Low Income Home Energy Assistance Program (LIHEAP)

This is a federal program that helps qualified individuals with winter heating expenses which may include: electricity, gas, wood, oil. Call 866-861-6354 for more information and/or to schedule an appointment.

Guarantee of Service Program

This program reduces electricity payments to a percentage of monthly household income over a 12-month period.

Call 360-992-3000 to see if you qualify for participation.

Senior Rate Credit

Customers 62+ that have lived in Clark Co. at least one year may qualify for a 50% credit on winter billings. Annual income not to exceed \$24,000.

Operation Warm Heart

Provides grants to customers who are in financial crisis and do not qualify for other forms of energy assistance.



SWAAD Disease Prevention & Health Promotion Workshops

In 2009 the Southwest Washington Agency on Aging & Disabilities (SWAAD) nurses began hosting quarterly Disease Prevention & Health Promotion Workshops.



So far SWAAD has hosted workshops on the following topics:

- Diabetes & You
- Weight Management
- Blood Pressure

The 2010 workshops have yet to be scheduled, however we do know there will be one each quarter; our next workshop is expected to be in March. Contact Senior Information & Assistance for this quarters workshop information. Our website will also have updated information as it becomes available.

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Medicare Spotlight New Year — New Coverage!

If you did any changing of your Medicare health plan or prescription drug coverage during the November 15-December 31st open enrollment period, your new coverage began January 1st. Even if you stayed with your 2009 plan, any changes that may have occurred are also now in effect.

You should have received a “Medicare & You 2010” handbook with all of the changes to regular Medicare. Be sure to take the time to catch up on all of the new changes.

CENTERS FOR MEDICARE & MEDICAID SERVICES

Medicare
& You 2010



Even though open enrollment has already passed, you may be able to switch some Medicare health plans January 1—March 31st. Even though some switching may be possible, you cannot add or drop prescription drug coverage at this time.

Did you know January is Glaucoma Awareness Month? If you are considered high risk, regular Medicare covers a test to test for glaucoma every 12 months.

If you have any questions contact your local Information & Assistance for information:

360-694-8144

iaclark@dshs.wa.gov

Information Acquired from www.Medicare.gov

WHERE TO FIND US IN THE COMMUNITY

JANUARY	FEBRUARY	MARCH
<p>19th—Ridgefield Loaves & Fishes 210 N. Main St. 11:00 am—1:00 pm</p> <p>21st—La Center Loaves & Fishes 1000 E. 4th St. 11:00 am—1:00 pm</p>	<p>4th—Fruit Valley Neighborhood Association Meeting 7:00 pm—8:00 m</p> <p>8th—Battle Ground SR. Center 11:30 am—12:30 pm</p> <p>15th—S.A.L.T. Luncheon Liberty Middle School 1612 NE Garfield St., Camas 11:00 am—1:00 pm</p> <p>24th—Winter Wellness Fair Luepke Community Room 1009 E. McLoughlin Blvd. 12:30 pm—3:30 pm</p> <p>26th—Mental Health Forum SW Washington Medical Ctr. 1:00 pm—4:00 pm</p> <p>27th—Kinship Fair Clark Co. Center for Community Health 1601 E. 4th Plain, Bldg 17 10:00 am—3:30 pm</p>	<p>7th—Annual Latino Community Resource Fair St. John’s Catholic Church 2:00 pm - 5:00pm</p>

Ask Your I & A Specialists...

Q: Over the past few months, I have seen a serious change in my neighbors appearance and behavior. She isn’t changing or washing her clothes regularly and seems to be getting paranoid. What can I do as a concerned neighbor?

A: Depending on your neighbor’s situation, there are several programs and resources she could benefit from. I & A Specialists are trained to help you find resources and local programs that could help your neighbor in maintaining independence while gaining a support network.

It is always best to contact us via phone or e-mail with more detailed information so we can tailor our research to fit your individual situation.

www.helpingelders.org

Meet your Information & Assistance Specialists

Between Clark and Cowlitz counties there are four I & A Specialists.
Even though you live in one county, don't be surprised to receive service from the other.

Clark County

I have been with SWAAD since May of 2006 and joined Senior Information and Assistance in November of the same year. I have a Bachelors Degree in Sociology and Women's Studies from Washington State University—Vancouver.
When I am not working I enjoy traveling, reading and spending time with family and friends.

I joined the SWAAD I & A team in August to continue my journey within aging services. Before coming here, I earned my Bachelor's Degree from Oregon State University in Human Services and Gerontology and dabbled a bit in the non-profit sector.
When I find some spare time, I prefer to venture to the beach, curl up with a good book or simply spend some quality time with friends and family.

Cowlitz & Wahkiakum Counties

Hello there! I have been with SWAAD since Oct. 2007. My experience in Human Services includes, 15+ years as a Certified Nurses Aid and 8 years as a Pharmacy Technician. I love connecting people to the many services that this great community provides! I enjoy camping, white water rafting, zip lining and I especially enjoying spending quality time with my husband, friends, family and my two cats.

Hello! I'm an enthusiastic newcomer to SWAAD as of August 2009, working as an I & A Specialist, IP Specialist, & Case Aide. My background consists of five years experience working with older adults & people with disabilities in consulting, housing, & services.
I relish the outdoors & physical activity to include weight lifting, kayaking, & hiking. I am an avid reader as well & enjoy travel & adventure.

Lexie
Chisholm
Chris
Buchanan

Robin
Nazateryan
David
Kelly

I & A Specialists:
Lexie Bartunek
Leah Chisholm
Chris Hulings
Robin Buchanan

I & A Coordinator:
Marina Nazateryan

Executive Director:
David Kelly



201 NE 73rd Street, Ste. 201
Vancouver, WA 98665

Call or e-mail
Senior Information &
Assistance to get on our
quarterly newsletter
mailing list:
360-694-8144
888-637-6060
iaclark@dshs.wa.gov

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