

I & A Rolodex

Clark County Senior Information & Assistance

Spring 2010

Volume 1, Issue 2

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A Note From Our Director

A 2010 tale of Budget ups and downs.....

These are tough times for government programs to survive. In 2010 shrinking revenue streams and expanding needs created difficult decisions for our elected officials.

In January, as this year's Washington State budget deliberations began the Senior Citizens Services Act (SCSA) a key revenue component for several important programs for your SW Washington Agency on Aging and Disabilities was placed in a deep cut mode. In this first fiscal foray SWAAD was earmarked to eliminate over \$480,000 dollars from our portion of the SCSA funding. This would mean huge reductions to our Information and Assistance Program, nutrition services and transportation.

What is SCSA?

SCSA was passed by the legislature in 1977 to build a system of community-based services to help seniors stay home and avoid costly institutional care. The statewide network of services created through SCSA meets these goals in an extraordinarily cost effective manner saving the State over 300 million dollars a year.

What past Legislatures have Promised...

When the SCSA law was passed in 1977, it began an innovative service system which has become a national model. The system of care works well, is cost effective, efficient, and locally controlled.

What this year's Legislature Produced.....

With difficult decisions to be made the Legislature passed a budget plan that keeps our SCSA funding in place.

A final note for this year's State Legislators.....

SWAAD is grateful for our SW Washington Legislators who have sponsored our agency and the good we do for seniors. Our local Legislators listened and have been very supportive to our programs. Thank you on behalf of all we serve!

Warmest Regards,

David Kelly, SWAAD Executive Director

www.helpingelders.org



CHECK US OUT @ FVRL

Clark County Senior Information and Assistance will have a display in the entrance of the Fort Vancouver Community Library throughout the month of May in honor of Older Americans Month.

We encourage you to stop by and check out our display.

Viewing hours are:

Monday-Thursday 10:00-8:00

Friday & Saturday 10:00-6:00

Vancouver Community Library
1007 E Mill Plain Blvd
www.fvrl.org

“Age Strong, Live Long!” **Older American’s Month 2010**

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The SW Washington Agency on Aging and Disabilities is joining communities nationwide in celebrating this month with special activities and events.

This year’s Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today’s older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

Please join us in the celebration of Older Americans Month throughout Southwest Washington.

Information Acquired from: Administration on Aging

Depression is NOT a Normal Part of Aging

Studies show that most seniors feel satisfied with their lives, despite increased physical ailments that come along with age. However, when older adults do have depression, it may be overlooked because seniors may show different, less obvious symptoms, and may be less inclined to experience or acknowledge feelings of sadness or grief.

Many older adults often have medical conditions that younger adults do not yet have, such as dementia, heart disease, stroke or cancer that can cause depressive symptoms or they may be taking medications for these conditions with side effects that may lead to depression.

Although many people assume that the highest rates of suicide are among the young, this is not true. Older white males ages 85 and older actually have the highest suicide rate. Many have a depressive illness that their doctors may not detect, despite the fact that these suicide victims often visit their doctors within one month of their deaths.

Many older adults with depression improve when they receive treatment with an antidepressant, psychotherapy, or a combination of both. Research has shown that medication alone and a combination of treatments is effective in reducing the rate of symptoms in older adults. Psychotherapy alone can also be effective in prolonging periods free of depression, especially for older adults with minor depression.

*Information Acquired from:
"Depression" National Institute of Mental Health*



Top 10 Tips to Combat Depression

1. Develop Interests
2. Keep Positive
3. Fix Your Personal Problems
4. Create a Positive Social Life
5. Stop Bad Behavior
6. Be Realistic
7. Make Changes
8. Become Active
9. Fix your Diet
10. Control Your Thinking

*Information Acquired from:
<http://listverse.com>*

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United States Census 2010

Every ten years, the United States Constitution requires what is called a national census. During this census, a complete population count of both citizens and noncitizens to determine the number of seats each state will receive in the U.S. House of Representatives.

Key Dates at a Glance:

- April-July 2010
Census takers visit homes that did not mail in their forms.
- December 2010
The Census Bureau takes the information gathered to the President for apportionment.

*Information Acquired from:
2010census.gov*

Medicare Spotlight

I'm about to turn 65...what do I do?

There are two situations you may find yourself in when it comes to enrolling in Medicare at the age of 65. One is if you are already getting Social Security (SS) or Railroad Retirement Board (RRB) benefits, the other is if you are not.

If you are already receiving SS you will automatically enroll in Medicare Part A and B. Your Medicare card will be mailed out about 3 months before your 65th birthday.

If you are not already receiving SS benefits you will have to sign up for Medicare. The Social Security Administration (SSA) will send you Medicare enrollment information roughly 3 months before you turn 65. You have 3 months before your 65th birthday, the month you turn 65 and 3 months after to sign up for Medicare A, B, C and D.

It is extremely important for you to keep a look out in your mail for Medicare documents. It is your responsibility to catch these around your 65th birthday.

If you did not enroll in Medicare when you first turned 65, don't worry, there are dates annually you can join Medicare.

Would like more information on Medicare? Call Information & Assistance with your questions and requests and we'd be happy to get you the information you need 360-694-8144.

*Information Acquired from:
Centers for Medicare & Medicaid Services*

RECIPE: Grilled Shrimp with Pasta & Pineapple Salsa

Ingredients:

2-15 oz. cans of pineapple chunks, packed in own juice & drained

1 Large red pepper, chopped

1 Large red onion, chopped

1 Jalapeno pepper, minced

1/2 c. Orange Juice

1/3 c. Lime Juice

1 1/2 lb. large shrimp, peeled & deveined

6 cups cooked rotini pasta

Directions:

In a large bowl, combine all salsa ingredients EXCEPT shrimp and pasta. Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill set heat to high and grill the shrimp on each side for 2 minutes. Toss the pasta with the salsa then arrange shrimp on top. Serve and enjoy.

Ask Your I & A Specialists...

Q: I'm not quite 60 years old, can I call Senior I&A for help?

A: Of course! Our I&A program is a free service to anyone of all ages; we do specialize in information for older adults, people with disabilities and family caregivers. But, we are able to refer you to many local resources that you may be eligible for regardless of your age.



Q: My family has never had to ask for help before and we don't know where to begin or what all we need, can we call Senior I&A?

A: This is exactly what we are here for, to help you navigate throughout the many local and state programs as well as help you determine what services you may be eligible for. I&A will take the time to discuss and problem solve with you regarding what your current needs are; we realize each person's situation is unique.

The Retired and Senior Volunteer Program and Senior Messenger present

Connections 50+ Expo

For the 50+ Generation & Families

Sunday, April 11, 2010

11 a.m. - 4 p.m.

Vancouver Hilton

301 W 6th Street, Vancouver, WA

Learn about exciting services, ideas, and resources available for YOUR active, healthy, independent lifestyle!

www.50plusconnectionsexpo.com / 360-735-3683

\$3 Suggested Donation at the Door

Helping to support the Retired and Senior

***Sponsors:** Southwest Washington Medical Center, Waterford at Fairway Village, Health Net of Oregon, At Your Place Senior Care, Human Services Council, Humana, A Caring Heart Senior Housing Referral Service, BrightStar, Home Instead Senior Care, Kaiser Permanente, and SW WA Agency on Aging and Disabilities.*

***Contributors:** Retirement Connection*



SOUTHWEST
Washington Medical Center

Clark County
RSVP
Getting Things Done

Disease Prevention, Health Promotion Workshops Taught by Registered Nurses

Weight Management

April 14th 1pm – 3pm

This workshop will enhance your knowledge to help you attain and manage a healthy weight.

You will receive FREE tools and equipment to help you plan your personal goals and success including a portable pedal exerciser, pedometer, aluminum water bottle & informational journal.

Diabetes & You

June 9th 1pm – 3pm

**Do you have a diagnosis of Diabetes
OR a family history of Diabetes?**

This workshop will enhance your knowledge of the day-to-day management of your life with diabetes. This class will teach you what you need to be aware of in the event you are trying to prevent the adult onset of diabetes due to a family history.

For more information or to register please call or e-mail Information & Assistance
360-694-8144 or iaclark@dshs.wa.gov

Space is limited and participants must be 60 years of age or older.

FCSP Corner

Caregiver Boot Camp

Tuesday, June 29th

1:00-5:00 p.m.

COST: \$5



*All caregivers are welcome to come, but focus will be on men caring for women.
If you register by June 21st, respite care in a facility can be provided at no cost.*

If you are an unpaid family caregiver and would like to participate, contact Senior Information & Assistance for additional information or to register.

360-694-8144 OR iaclark@dshs.wa.gov

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WHERE TO FIND US IN THE COMMUNITY

APRIL	MAY	JUNE
<p>3rd—Camas Fire Department Open House Station 42—4321 NW Parker St. Camas, WA 10:00—3:00 p.m.</p> <p>7th—Knights of Pythias Retirement Community 3409 Main Street Vancouver, WA 1:30 p.m.</p> <p>11th— 50+ Connections Expo Vancouver Hilton 301 W. 6th Street Vancouver, WA 11:00-4:00</p> <p>14th—Weight Management Workshop 201 NE 73rd St, Vancouver, WA 1:00 p.m.-4:00 p.m.</p> <p>21st—ERA Lunch Presentation 2400 NE Broadway St. Portland, OR</p>	<p>OLDER AMERICAN'S MONTH Display at Fort Vancouver Regional Library All Month</p> <p>1st—AARP, Chapter 935 WA State School for the Blind 10:00 a.m.-12:00 p.m.</p> <p>6th—First Independent Bank 1220 Main St. Ste. 300 Vancouver, WA 1:30 p.m.—2:00 p.m.</p> <p>21st—Senior Prom “Stardust” Luepke Senior Center 6:30-9:00p.m.</p> <p>22nd— Gay & Grey PDXPO 1737 NW 26th Ave. Portland, OR 10:00—2:00 p.m.</p>	<p>1st—National Assoc. of Retired Federal Employees American Legion 4607 NE St. James 12:45 p.m.</p> <p>9th—Diabetes & You 201 NE 73rd St, Vancouver, WA 1:00 p.m.—4:00 p.m.</p> <p>29th—Caregiver Boot Camp SW Medical Center Health Education Bldg. 42 1:00—5:00 p.m.</p>

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