

# I & A Rolodex

Clark County Senior Information & Assistance

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## Inside This Issue:

- Would You be Considered a Caregiver?
- 10 Warning Signs of Alzheimer's Disease
- Low-Impact Chair Aerobics & EnhanceFitness
- Washington Dental Access Program
- 7th Annual Caregiver Conference
- Ask your I&A
- Medicare Spotlight—Open Enrollment
- Where Are We in the Community

## SW Washington's Aging Readiness Forum – Year 2



**David Kelly**

On September 16<sup>th</sup> over 150 people attended our second aging readiness forum. This forum brought together a wealth of competent collaborators including: WSU Vancouver Program in Public Affairs, Clark Community College, Lower Columbia Community College, the Washington State Council on Aging and the SW Washington Agency on Aging and Disabilities.

Our first Aging Readiness forum in May 2009 energized and educated local communities about the baby boom population impact. This 2010 forum was designed to provide another step in addressing the effects of this “silver tsunami” citizens discussed critical issues and powerful opportunities connected to this epic era of growth. We discussed positive actions that could and should be considered in the planning for the current and future needs especially connected to arenas of Transportation, Housing, Health and Long Term Care.

Baby boomers are those currently in the age group between 45 and 64. There are more than 78 million of us in this country, and about 180,000 “boomers” live right here in SW Washington. Other reasons to challenge our communities to think about this dynamic “age wave” include the following facts in regard to SW Washington:

- Over the next 15 years the 60+ population will grow by 71% from 99,000 to 169,000.
- Currently, 1 in 7 residents is 60+. This will change to about 1 in 5 by the year 2025.
- In 2025 more than 13,000 people will be 85 years of age and older.

The first forum produced a number of good ideas on how to address locally the Aging Boom. For example, under the leadership of Commissioner Marc Boldt Clark County created the Senior Citizen Aging Readiness Taskforce.

Our second Aging Readiness forum focused on solutions and action items to consider. Our keynote speaker, Prof. Bob Scarfo of WSU Spokane shared what it will take to create stronger aging friendly communities. We examined successful solutions across the nation. We challenged ourselves to glean from the experiences of other communities and to match our creative thoughts shared into action steps for the immediate future right here in our communities.

Our pledge is to share the best concepts and the positive plans proposed. I am confident this forum will make an impact on this important issue of PLANNING for the AGING BOOM.

Sincerely,

*David Kelly*

[www.helpingelders.org](http://www.helpingelders.org)

# Family Caregiver Support Program



## 7th Annual Conference Honoring Caregivers

Saturday, October 30, 2010

8:30 a.m.—3:30 p.m.

SW Washington Medical Center in the  
Health Education Building

*Our Sponsors*

*Waterford*

*Home Instead*

*Visiting Angels*

*Brightstar*

*Lexington House*

*Glenwood place*

*Caretique*

**Who should attend:** Unpaid family and friend caregivers.

**Cost for Event:** \$10—Includes breakfast & lunch. *Scholarships available*

**Respite Care:** Assistance provided (*Must register by 10/18/2010*)

For more information and to register call **360-694-8144**

**Meet others walking your journey and learn from the experts about:**

- Caregiving Financial Resources
- Taking Care of You
- Health and Easy Cooking
- Personal Wellness



This program is provided to you by Southwest Washington Agency on Aging & Disabilities with funds from the Family Caregiver Support Program, Title IIIIE of the Older American Act through the Aging and Disabilities Administration/DSHS

## Powerful Tools for Caregivers Class

*This is a free caregiver education opportunity*

November 2nd—December 7th

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](mailto:iaclark@dshs.wa.gov)

[www.helpingelders.org](http://www.helpingelders.org)

## *November is National Family Caregiver & Alzheimer's Disease Awareness Month*

### **Would You Consider Yourself a Caregiver to a Loved One?**

*"There are only four kinds of people in the world. Those who have been caregivers, those who are currently caregivers, those who will become caregivers and those who will need caregivers" - Rosalyn Carter*

Ask yourself these questions:

- Are you responsible for getting a friend or loved one to medical or personal appointments?
- Are you responsible for your parents finances?
- Are you cleaning your brothers' house because he is unable to do it?
- Are you more focused on your loves ones well-being than your own?
- Have you moved Mom into your home because she cannot live on her own?

If you answered yes to one or more, then you are a caregiver. Caregivers can provide a wide range of assistance. Regardless of how much you do, you should know that there are resources available to you throughout your journey as a caregiver.

If you or someone you love is a family caregiver and might need a little support or would simply like information on programs available, contact your local *Family Caregiver Resource Center*.

360-694-8144



### **10 Warning Signs of Alzheimer's Disease**

1. Memory loss that disrupts daily life
2. Challenges in planning or problem solving
3. Difficulty completing tasks at home work or leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality.

If you are concerned that you or your loved one may have signs of Alzheimer's, consult your Primary Care Physician right away. While there is not yet a cure for Alzheimer's, there are treatments that may slow the progress of the disease.

## Low Impact Workout Ideas...Chair Aerobics

Chair aerobics is form of exercise done while sitting and does not strain your joints or bones. Any exercise which increases your heart rate and works your muscles can help you to burn calories and increase muscle strength. This form of exercise is suitable for those with knee problems or physical disabilities. It can be done in a limited space and all you would need is a strong chair.

*Here are some exercises you might want to try...*

### Seated Rotations



Sit tall on a chair and hold weight at chest level, shoulders relaxed. Keeping the hips and knees facing forward, rotate the torso to the right as far as you comfortably can. Focus on squeezing the muscles around your waist. Rotate back to center and then to the left, keeping the movement slow and controlled. Continue alternating sides and repeat 12 times.

Continue alternating sides and repeat 12 times.

### Chair Squats



Stand in front of a chair with feet about shoulder-width apart. Sit down and, as soon as you make contact with the chair, stand back up and try to do so without rocking back or using momentum. You can place your hands on your thighs if you need to. Hold weights for added intensity. Repeat 12 times.

We have a limited number of exercise handbooks available upon request.

**360-694-8144**

## EnhanceFitness In Clark County

Southwest Washington Agency on Aging and Disabilities (SWAAD) launched an EnhanceFitness class at the Battle Ground Community Center in May 2010. This class started with seventy-seven participants and has been a great success.

It was evident after the first week that an additional class needed to be created to accommodate the demand. Laurie Porter, Certified Instructor, now teaches two classes for our adults 60+ Wednesdays at 8:30 AM and 9:45 AM

EnhanceFitness is an evidence-based exercise program developed by the University of Washington and administered by Senior Services of Seattle.

Based on the success of this program in Battle Ground, SWAAD is hoping to expand this program into the Camas/Washougal and the Kelso/Longview areas.

[www.helpingelders.org](http://www.helpingelders.org)

## Disease Prevention, Health Promotion Workshop

A FREE 2-Hour session with Registered Nurses

Stress Management

November 10th 1pm – 3pm

This is a FREE 2-hour session with Registered Nurses geared to assist you as you gain knowledge about preventing and managing stress.

Do you want to learn how to better manage your stress?  
Do you have a diagnosis of high blood pressure?

Receive FREE tools & equipment to help you be successful on your journey to a healthier you!

For more information or to register please call or e-mail Information & Assistance  
360-694-8144 or [iaclark@dshs.wa.gov](mailto:iaclark@dshs.wa.gov)

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

## Ask Your I & A Specialists...

**Q:** I know you have to apply for Medicare programs during certain times, when can I apply for the Extra Help and the Medicare Savings Plans?

**A:** Anyone can apply for Extra Help and the Medicare Savings Plan at any time as long as you have Medicare Part B and or Part D depending on what part of the programs you need. To find out if you are eligible for one or both of these programs, contact your I&A.

**Q:** What is the difference between Open Enrollment and General Enrollment?

**A:** Open Enrollment is November 15th–December 31st and General Enrollment is January 1st– March 31st each year. To find out exactly what you can enroll in and change about your Medicare plans contact your local I&A.



[www.helpingelders.org](http://www.helpingelders.org)

## Thanksgiving & Christmas Food Baskets

Every year during the holidays our Specialists get calls from those who either need a holiday food basket or know of someone who could benefit from one. The following agencies often provide holiday food baskets:

### Thanksgiving:

St. Vincent de Paul Vancouver  
360-694-5388

St. Vincent de Paul Brush Prairie  
360-573-7199

Salvation Army Vancouver  
7509 NE 47th Ave., Vancouver, WA  
360-694-9503

Typically serve families of 3 or more members

### Christmas

Salvation Army Vancouver  
7509 NE 47th Ave

North County Community Food Bank  
17 NE 3rd Ave, Battle Ground  
Must go in and apply

St. Vincent de Paul Vancouver  
360-694-5388

*If these programs don't work out for whatever reason, contact I&A to help you find other options.*

360-694-8144



LIHEAP is a federally funded block grant that provides money to help low-income households make home heating more affordable and avoid shutoff of utility services during the winter.

These funds can be used toward any form of heating expenses which may include:

- Electricity
- Gas
- Wood
- Oil

Most local agencies will begin accepting applications around October, if federal funding is available. We provide assistance on a first-come, first-served basis.

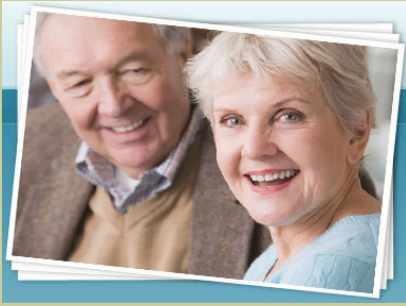
To qualify for aid, your household's gross monthly income must be at or below 125% of the poverty level established by the federal government.

Contact 866-861-6354 for more information and/or to schedule an appointment in Clark County.

Program administered by Clark County PUD

Information Acquired from:  
[www.liheapwa.org](http://www.liheapwa.org)

[www.helpingelders.org](http://www.helpingelders.org)



## Washington Dental Access Outreach Program

WSDA Outreach is a reduced fee dental care program for low-income, elderly, disabled and Alzheimer's patients.

Dental Services and laboratory charges are discounted by an average of 25% and provided by participating members of the Washington State Dental Association and the Washington State Dental Laboratory Association.

Intake for the WSDA Outreach program is done through your local Information and Assistance office.

For more information on eligibility and intake please contact:

**360-694-8144**

*Information Acquired from:  
Washington Oral Health Foundation*

## Medicare Spotlight

### Open Enrollment Nov 15-Dec.31

*Medicare is our country's health insurance program for people 65+, with end-stage renal disease and certain people on disability. The program helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care services. You should receive information from Social Security within three months of turning 65.*

*Medicare's annual Open Enrollment period is November 15th—December 31st. During this time you can enroll in Medicare D, Medicare Advantage Plans, Extra Help and Medicare Savings Plans. Any changes you make will take effect January 1st.*

*If you have questions or need assistance, contact:*

- *Statewide Health Insurance Benefits Advisors  
(360) 735-3686*
- *Senior Information & Assistance  
(360) 694-8144*

*You can also logon at [www.MyMedicare.gov](http://www.MyMedicare.gov) for additional information.*

*Information Acquired from:  
[www.medicare.gov](http://www.medicare.gov)*

# WHERE TO FIND US IN THE COMMUNITY

OCTOBER	NOVEMBER	DECEMBER
<p><b>6th—8th—NW AIRS Conference</b></p> <p><b>14th—SW Medical Center Resource Table</b> Southwest Washington Medical Center 4:00 p.m.—6:00 p.m.</p> <p><b>19th—Gatekeeper Training ComCare</b> Clark Public Utilities 9:0 a.m.—11:00 a.m.</p> <p><b>26th &amp; 27th —SEH Wellness Under the Big Top Health Fair</b> SEH America Headquarters 3:00 p.m.—6:00 p.m.</p> <p><b>27th—GK Training, Vulnerable Adult Task Force</b> Vancouver City Hall 12:00 p.m.—1:00 p.m.</p> <p><b>30th—Annual Caregiver Conference</b> SW Washington Medical Center 8:30 a.m.—3:30 p.m.</p>	<p><b>9th—Medicare Forum</b> Luepke Senior Center 10:15 a.m.—11:45 a.m.</p> <p><b>10th—Parkinson’s Support Group</b> The Quarry Senior Living 11:00 a.m.—12:30 p.m.</p> <p><b>10th—Stress Management Workshop</b> SWAAD Offices 1:00 p.m.—3:00 p.m.</p> <p><b>15th—Washougal Meal Site</b> Washougal Community Center 10:30—12:30 p.m.</p> <p><b>16th—FVRL Resource Table</b> 1007 E. Mill Plain Blvd 10:00 a.m.—12:00 p.m.</p> <p><b>16th—North Salmon Creek Neighborhood Association</b> Riverview Community Bank 7:00 p.m.—9:00 p.m.</p> <p><b>18th—Foster Grandparent In-Service</b> American Legion Post 14 12:30 p.m.—1:15 p.m.</p> <p><b>18th—Northcrest Neighborhood Association</b> Northcrest Community Church 7:00 p.m.—9:00 p.m.</p> <p><b>22nd—Marshall Community Center</b> 10:00 a.m.—12:00 p.m.</p>	<p><b>1st—Community Care Fair</b> SWMC Health Education Bldg. 1:00 p.m.—6:00 p.m.</p> <p><b>10th—Camas Meal Site</b> Camas Community Center 10:30 a.m.—12:30 p.m.</p> <p><b>15th—GK Training</b> <b>SWAAD Advisory Council</b> SWAAD Vancouver Office 9:00 a.m.—10:00 a.m.</p> <div style="text-align: center;">  <p><b>Seasons Greetings</b></p> </div>

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quarterly newsletter

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