

# I & A Ro1odex

Cowlitz & Wahkiakum County Senior Information & Assistance

Fall 2010

Volume 1, Issue 4

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## 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

## Caregiver Workshop



*Are you taking care of a loved one? You're not alone! We are here to help.*

*For more information and to register*

**Contact us at**

*360-577-4929*

*or toll free at*

*1-800-682-2406*

*Special thanks to Koelsch Senior Communities for providing Out of Home Respite and Shuttle Service.*



### Save the Date

**Thursday, November 18, 2010**

**12:00-4:00 PM**

#### **LOCATION**

**Cowlitz PUD**

**961 12th Avenue**

**Longview, WA 98632**

*Please park in the gravel parking lot located on the corner of Commerce Avenue and Delaware Street. Shuttle service will be provided from parking lot to auditorium entrance from 11:45 AM to noon and from 4:00 PM to 4:15 PM.*

**Who should attend:** Unpaid family & friends caring for a loved one.

**Cost for Event:** \$5.00, includes hot lunch.

Scholarships available.

**Respite Care:** Out of Home Respite provided by Canterbury Gardens, must register by November 15, 2010. In Home Respite available to those that qualify (must register by October 18, 2010)

#### **Learn About**

**Medicare Rules and Regulations**

**How to Save Your Back & Other Great Physical Therapy Tips**

**Assistive Devices, Equipment & Clothes that Make Caregiving Easier**  
**Home Services**

[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*.

360-577-4929



### **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.



### 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.*

**360-577-4929**

## Medicare Improvements for Patients & Providers Act (MIPPA)

Your Information & Assistance Specialists Chris Hulings and Doug Hooper have partnered with the Office of Insurance Commissioner's Statewide Health Insurance Benefits Advisors program to conduct three MIPPA events to be held throughout Cowlitz and Wahkiakum counties.

The state has targeted Kelso, Silver Lake and Toutle as areas that have senior citizens that could be eligible for the Medicare Savings Programs and Low Income Subsidy regarding Medicare coverage. Eligibility criteria for these programs has changed for 2011.

The next MIPPA event will be held in the Toutle/Silver Lake area, please call us for details.

**360-577-4929**

## WAHKIAKUM NEWS

*It's that time of year again...*

As noted in our Medicare spotlight on Page 7...

**Nov. 15th – Dec. 31st** is Medicare Open Enrollment time!

This is your opportunity to review your current Prescription and Healthcare plans. Including your original Medicare coverage and compare it with your other options to make sure you are getting the best coverage and costs available

for your healthcare needs.

Have questions, need Help? Please give me a call... I can help!

Chris Hulings

Information and Assistance Specialist

Southwest Washington Agency on Aging and Disabilities

Wahkiakum Human Services Office—360-795-8630 Ext. 128 (Wednesdays)  
or the Kelso SWAAD Office 360-577-4929 (Mon.—Fri.)

## 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.



## 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:

Cowlitz Tribal Elders  
360-864-8727

Lions Food Bank—Castle Rock  
FOE Club 224 Huntington Ave.

Northgate Christian Center  
1209 Minor Rd., Kelso, WA

Salvation Army  
360-423-3990

Lower Columbia CAP  
360-425-3430

FISH of Longview  
360-636-1100

St. Vincent de Paul—Longview  
360-577-0662

Community House  
360-425-8679

Woodland Community Center Food Bank  
360-225-9998

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

360-577-4929



LIHEAP, which stands for Low Income Energy Assistance Program, 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. Assistance is provided 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 360-425-3430 ext. 231 for more information and/or to schedule an appointment in Cowlitz/Wahkiakum.

*Program administered by Lower Columbia CAP*

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:

360-577-4929

## 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) 425-3430 Ext. 304*
- *Senior Information & Assistance  
(360) 577-4929*

*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>13th I&amp;A Resource Table</b> Castle Rock Congregate Mealsite 11:30am-1:00pm</p> <p><b>22nd I&amp;A Resource Table</b> Diabetes Expo 10am-3pm</p> <p><b>25th I&amp;A Resource Table</b> Kalama Congregate Meal site 11:30am-1:00pm</p> <p><b>28th Gatekeeper Training</b> Highlander Neighborhood Association 3pm-5pm</p>	<p><b>5th I&amp;A Resource Table</b> Woodland Congregate Mealsite 11:30am-1:00pm</p> <p><b>9th Mippa Event</b> Presentation/Resource Table Castle Rock Senior Center 10:30am-1:00pm</p> <p><b>15th Agency Presentation</b> Cowlitz Guidance Association 1:30pm-2:30pm</p> <p><b>18th Save the Date</b> I&amp;A Resource Table Caregiver Workshop Noon-4:00pm</p> <p><b>20th Health Extravaganza</b> Wollenberg Community Gym 10am-2pm</p>	<p><b>7th I&amp;A Resource Table</b> Senior Fair Kelso Catlin Grange 10am - 2pm</p> <div style="text-align: center;">  <p><b>Seasons Greetings</b></p> </div>

Every Wednesday at Wahkiakum County Human Services  
42 Elochoman Valley Rd., Cathlamet, WA

## I & A Specialists:

Chris Hulings  
Doug Hooper  
Lexie Bartunek  
Leah Chisholm

**I & A Coordinator:**  
Marina Nazateryan

**Executive Director:**  
David Kelly



305 S. Pacific Ave., Ste. B  
Kelso, WA 98626

Call or e-mail

Senior Information &  
Assistance to get on our  
quarterly newsletter

mailing list:

360-577-4929

800-682-2406

[iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)

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