

I & A Rolodex

Clark County Senior Information & Assistance

Winter 2011

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Inside This Issue:

- Energy Assistance Programs & Tax-Aide
- Powerful Tools for Caregiving
- Wise Consumers Can Be Healthy Too
- Good Eats for the Hungry Diabetic
- American Heart Month
- Breast, Cervical & Colon Health Program
- Ask Your I&A
- Cold Weather & Home Weatherization Tips
- Medicare Changes...What's new in 2011

It's the New Year... Time to Put Your Affairs in Order

Do you have a plan in place if something happens to you? Do you know who will make medical decisions on your behalf if you are unable? Whether you do or don't, here are a few suggestions to think about putting in place:

1. Give someone Durable Power of Attorney to manage your affairs if you become sick and unable to do so yourself.
2. Write a will. So many people don't believe they need one, in all actuality everyone should have one.
3. Write an Advanced-Care Directive or Living Will, and give someone Medical Power of Attorney to carry out your wishes about medical treatment at the end of your life.
4. If you have dependent children, name a guardian to take care of them. If you have a disabled child, you may also need to consult a professional who can guide you through the labyrinth of Medicaid and Medicare rules.
5. Ease the trauma of your death for survivors by preplanning your funeral.



Keep in mind that these are just some ideas that could very well ease a time of stress for not only yourself but your loved ones as well.

Information Acquired from:
www.WebMD.com

SWAAD

2011 Budget Plans



Putting together plans for the 2011 to 2013 Washington State Budget is a

very difficult task under very difficult circumstances. The process itself is always a complex, involved process but now struggling economic conditions has created a lean resource pool from which to sponsor government programs. The following quote pertains to budget decisions concerning our agency by the Governor's office:

"As we make adjustments we will need to so do in recognition of the non-economic challenges we will face as well. We are on the cusp of unprecedented, demographically driven, increases in need..."

Continued on page 6

www.helpingelders.org

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.

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.

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

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



Powerful Tools for Caregiving

February 22nd-March 29th

This session doesn't work for you? Then pre-register for our July or September classes!!

These classes are for our unpaid family caregiver. For additional information or to register call Information & Assistance...

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



Need help filing your taxes?

Find a FREE AARP Tax-Aide site near you at www.aarp.org

OR

Call your local Information & Assistance to look it up for you!

360-694-8144

AARP Tax-Aide operates February 1st through mid April

www.helpingelders.org

Wise Consumers Can Be Healthy Too!!

Here are some helpful and practical grocery shopping ideas that you can incorporate immediately to assist you in making affordable healthy decisions:

- Plan ahead & make a list
- Clip Coupons
- Eat before you shop
- Park in a spot farther away from the entrance & wear a pedometer
- Go to the produce section first
- Check the higher and lower shelves
- Read the food labels
- Don't be tempted by store displays
- Skip the snack food aisle



Good Eats for the Hungry Diabetic

Are you constantly asking yourself, "What can I eat?" It's time to stop worrying! Living with diabetes doesn't have to mean feeling deprived or restricted. *Eat more!* You don't often hear that when you have diabetes, but non-starchy vegetables are one food group where you can satisfy your appetite.

For good health, try to eat at least 3-5 servings of vegetables a day.

This is a minimum and more is better!

One serving of vegetables consists of:

- ½ cup cooked vegetables or vegetable juice or
- 1 cup raw vegetables

Examples of non-starchy vegetables:

- Spinach • Carrots • Lettuce • Greens • Cabbage • Bok Choy • Green Beans • Broccoli • Cauliflower • Tomatoes • Vegetable Juice • Salsa • Onions • Cucumbers • Beets • Okra • Mushrooms • Peppers • Turnips •



Another key thing to remember when living a life with Diabetes is that portion control is even more important on a day-to-day basis. Don't only focus on non-starchy Vegetables but non-starchy food in general.

To get more helpful tips log onto www.diabetes.org.

**Check out FREE Diabetic friendly recipes
at www.mayoclinic.com under Healthy Lifestyles**

February is American Heart Month!

Heart disease is the leading cause of death for both men and women in the United States. February is dedicated to raising awareness about heart disease and increasing knowledge about prevention.

Educate yourself on the risks of heart disease and get on track to better heart health! Some of the risk factors for heart disease are:

- ♥ Age
- ♥ Gender
- ♥ Heredity
- ♥ Smoking
- ♥ High Cholesterol
- ♥ High Blood Pressure
- ♥ Physical Inactivity
- ♥ Obesity
- ♥ Diabetes
- ♥ Stress
- ♥ Alcohol Use
- ♥ Diet and Nutrition

Age, gender and heredity are factors that may be beyond your control but there are some small life-style changes that you can make to greatly reduce your risks such as:

- Adopt a Healthy Diet
- Increasing Physical Activity
- Quit smoking



The American Heart Association has several detailed tips on how to realistically alter your life-style. If you're interested in getting more information, logon to

Information Acquired from: www.heart.org



The Breast, Cervical and Colon Health Program provides free breast, cervical, and colon cancer screening to low-income men and women in Washington State.

Eligible *women* may receive:

- Mammograms, pap tests, clinical breast and cervical exams.
- Services related to treatment for breast or cervical cancer.
- Case management services.
- Colorectal cancer screening.

Eligible *men* may receive:

- Colorectal cancer screening.

Particular emphasis is placed on reaching high-risk populations, including:

- Ages 50+, Native Americans, African Americans, Hispanics, Asian/Pacific Islanders and Lesbians

To see if you qualify or would like additional information, contact
 Southwest Washington
 Medical Center
 800-992-1817

Information Acquired from: www.doh.wa.gov

Staff Kudos

Leah Chisholm and Lexie Bartunek are now Certified Information and Referral Specialists – Aging (CIRS-A).

The Alliance of Information and Referral Systems (AIRS) is the professional association for over 1,200 community Information and Referral (I&R) providers, primarily in the United States and Canada - helping to bring people and services together.



The AIRS Certification Program awards professional credentials internationally to individuals. It is a recognition of demonstrated competencies in the field of information and referral (I&R) that include the knowledge, skills, attitudes and work-related behaviors needed by I&R practitioners to successfully execute their duties.

AIRS Certification demonstrates SW Washington Agency on Aging & Disabilities quality assurance and commitment to constantly improve customer service.

Ask Your I & A Specialists...

Q: My mother lives in California and I live here, I am looking to relocate her to this area, Can I&A help me find a place for her to live?

A: Yes, we have listings available for local area housing options. Contact your local I&A and we would be happy to send out those resources.

Q: If I have concerns about my frail and elderly, who do I call?

A: Call I&A... We will contact the senior directly and inform them of our services. This is confidential and gives us the opportunity to access the situation and determine what resources they may be able to access.



In the Event of Inclement Weather

Contact 2-1-1 for Overflow & Warming Shelter Information

10 Tips to Stay Safe in Cold Weather

1. Set your heat at 68 degrees or higher. To save on heating bills, close off rooms you are not using.
2. To keep warm at home, wear long johns under your clothes. Throw a blanket over your legs and wear socks or slippers.
3. When you go to sleep, wear long johns under your pajamas and use extra covers. Wear a cap or hat.
4. Ask family or friends to check on you during cold weather.
5. Dress for the weather if you have to go out on chilly, cold or damp days.
6. Wear loose layers of clothing. The air between the layers helps to keep you warm.
7. Wear a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
8. Stay inside when it is windy. A high wind can quickly lower your body temperature.
9. Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you.
10. Find safe ways to stay active, even when it's cold outside

Information Acquired from:

"Stay Safe in Cold Weather" - Nat'l Institute of Health

2011 Budget Plans

Continued from page 1

"...The boomers who drove demand for schools in the fifties and sixties are now driving the demand for long-term care. People with disabilities are living longer than ever before and want to live those lives fully engaged in their communities. Behavioral health parity is now more an expectation than an aspiration. National healthcare reform will mean hundreds of thousands more people will have access to health insurance coverage, which will challenge the delivery systems to provide care."

The budget cuts proposed for our agency are especially difficult for our clients losing hours and certain services. However, round one of the 2011-13 budget given our tough times indicates to me that the services provided by your Agencies on Aging and Disabilities are recognized as providing highly needed services. On behalf of SWAAD, I would ask each reader whenever possible to thank our State Legislators for their support of services to the aging and disabled population that we serve. Your voice is needed so that more cuts do not come our way. Thank you.

David Kelly

SWAAD Executive Director

www.helpingelders.org

Vision Coverage is Not Part of Regular Medicare



“Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight.

Some changes are more serious than others, but for many problems, there are things you can do to protect your vision. The key is to have regular eye exams so you can spot problems early.” Aging & Your Eyes Age Page

Vision exams for older adults are more difficult to come by since Regular Medicare (Parts A, B & D) does **not** provide eye exams or assistance with glasses or contacts unless they are eligible after some cataract surgeries.

As it is General Enrollment for Medicare January 1st–March 31st, **now is the time** to shop for a Medicare Advantage Plan that includes vision coverage among other additional perks, dental perhaps.

*Information Acquired from:
Medicare & You 2011 and
www.nia.nih.gov*

Medicare Changes... What's New in 2011

- Pay Less for Preventative Services
Some of which are...Smoking Cessation, Physical Exams, Pap Tests, Colorectal Cancer Screening, Prostate Screening, Glaucoma Test, HIV Screening. For a complete list look at pages 29-46 of your 2011 Medicare & You book.
- New Yearly Wellness Exam
If you have had Part B for at least 13 months, you can now get a yearly wellness visit every 12 months.
- Help in the Prescription Drug Coverage Gap
In 2011, you will get a 50% discount on covered name-brand drugs at the time you buy them.
- New Dates to Change Plans
In the Fall of 2011, the Annual Enrollment Period dates will change to change or join a Medicare health or prescription drug plan to October 15, 2011–December 7, 2011.

If you are enrolled in a Medicare Advantage Plan, your benefits may include additional perks, be sure to check with your plan to see what they are!

Information Acquired from: Medicare & You 2011

WHERE TO FIND US IN THE COMMUNITY

JANUARY	FEBRUARY	MARCH
<p>11th—Gatekeeper Presentation at Professionals in Aging Meeting 7:45 a.m.</p> <p>12th—Brush Prairie Baptist Church Golden Heirs 10:00 am</p> <p>20th—Creek Side Estates Presentation 7:00 p.m.</p> <p>24th—Marshall Community Center Resource Table 10:00 a.m.</p>	<p>DISPLAY AT BATTLE GROUND COMMUNITY LIBRARY</p> <p>2nd—LIONS Club Presentation 7:00 a.m.</p> <p>3rd—Kamlu Presentation 10:30 a.m.</p> <p>9th—CHARG Panel 9:00 a.m.</p> <p>15th—Cascade Park Library Resource Table 12:00—2:00 p.m.</p> <p>15th—Presentation for Hough Neighborhood Association Hough Elementary Cafeteria 7:00 p.m.</p> <p>21st—S.A.L.T. Spaghetti Luncheon Camas Liberty Middle School 11:00 a.m.—1:00 p.m.</p> <p>22nd—Gatekeeper Training for Long-Term Ombudsman 10:00 a.m.</p> <p>23rd—Luepke Health Fair 12:30 p.m.</p>	<p>2nd—United Methodist Women 12:00 p.m.</p> <p>2nd—Bagley Downs Neighborhood Association Meeting 6:30 p.m.</p> <p>4th—Vancouver Community Library Resource Table 11:00 a.m.—1:00 p.m.</p> <p>9th—Battle Ground Rotary Club 5:00 p.m.</p> <p>15th—Guardian ad Leitem Presentation 12:00 p.m.</p> <p>17th—Hearts & Hands Group Unitarian Church, Vancouver, WA 4:00 p.m.</p> <p>19th—Kinship Caregiver Conference Clark Co. Ctr. for Community Health 10:00 a.m.—3:30 p.m.</p> <p>27th—Latino Community Resource Fair St. John's Church TBA</p> <p>29th—Presentation for LTC Ombudsman 10:00 a.m.</p> <p>30th—Gatekeeper Training Foster Grandparent Program 12:30 p.m.</p>

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