

I & A Ro1odex

Cowlitz & Wahkiakum County Senior Information & Assistance

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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
- Wahkiakum Corner and 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



David Kelly

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, pellets, propane, etc.

Senior OR Disabled Rate Credit

Customers 65+ OR disabled that have lived in their current home for at least one year may qualify for a credit on winter billings. Income restrictions apply.

Warm Neighbor Fund

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

In Cowlitz County, the Lower Columbia CAP and Cowlitz PUD operate most of the local Energy Assistance Programs.

Have Questions? Call Lower Columbia CAP Energy & Housing Department

360-425-3430 X231



Powerful Tools for Caregiving

February 15th-March 22nd

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...

360-577-4929 OR iakelso@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!

360-577-4929

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 www.heart.org or call 800-AHA-USA-1

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

WAHKIAKUM NEWS

Winter is still upon us...Wet and Cold...

Just a couple ideas for the cold months ahead for those of you who may find yourselves in need...

Cathlamet Market & Cathlamet Pharmacy may be able to assist you in getting groceries and/or filling your prescriptions during inclement weather.

Note: This depends on staff availability.



Information & Assistance
SW Washington Agency on Aging & Disabilities
Wahkiakum Human Services Office (Weds.) 360-795-8630 Ext. 128
Kelso SWAAD Office (Mon.—Fri.) 360-577-4929

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 These Warming Centers May be Open:

Longview: Community House on Broadway 360-425-8679 • Salvation Army 360-423-3990

Kelso: First Assembly of God Church 360-423-8560

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

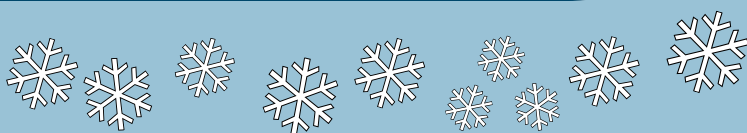
"...The boomers who drove demand for schools in the fifties and sixties are now driving the demand for long-term care. People with disabilities are living longer than ever before and want to live those lives fully engaged in their communities. Behavioral health parity is now more an expectation than 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 Agency Presentation PSA All staff 4pm-5pm</p>	<p>3rd Longview Library Glass Display 8:30am-10am</p>	<p>8th Agency Presentation Social Security All staff 8am-9am</p>
<p>14th Agency Presentation 2nd PSA All staff 4pm-5pm</p>	<p>3rd Cathlamet Mealsite Resource Table 11am-1:30pm</p>	<p>10th Kelso Mealsite Resource Table. 11am-1:30pm</p>
<p>20th Agency Presentation Assured All Staff 8:30am-9:30am</p>	<p>7th Mippa Event Presentation 1pm-4pm</p>	<p>14th Indian ED Meeting Wallace School Kinship Presentation 6pm-7pm</p>
<p>21st Longview Mealsite Resource Table 11am-1:30pm</p>	<p>8th Gatekeeper Training Ryderwood 10am-12pm</p>	<p>17th Agency Presentation Kaiser Nurses / Social Wkrs 11:30am-12:30pm</p>
<p>26th Cowlitz Tribe Longview Mealsite: Resource Table 11am-1:30pm</p>	<p>10th Agency Presentation Woman's Hlth Pavilion 10am-11:45am</p>	<p>17th Agency Presentation Kaiser Nurses / Social Wkrs 11:30am-12:30pm</p>
<p>29th Hispanic Hlth Fair Resource Table. 6pm-10pm</p>	<p>15th Rosburg Mealsite Resource Table 11am-1:30pm</p>	<p>22nd Agency Presentation Kelso Housing Authority 8:30am-9:30am</p>
		<p>29th Ryderwood Mealsite Resource Table 11am-1:30pm</p>

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