

# I & A Ro1odex

Cowlitz & Wahkiakum County Senior Information & Assistance

Spring 2011

Volume 2

Issue 2

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## SWAAD's Mission & Vision

### A Note From Our Director



**David Kelly** If you visit our Vancouver or Kelso office you will notice that we have recently placed SWAAD's mission statement in a predominate location. It is our desire that all that we do on a daily basis will be judged by the measurement of work efforts being connected to our mission statement. **SWAAD's mission is to promote independence, choice, well-being, and dignity for persons aged 60 and over, adults with disabilities and their families through a comprehensive, coordinated system of home and community based services.**

Recently we challenged ourselves to add a vision statement that would serve as inspiration for our efforts. We seek to be driven daily by a future hopeful positive outcome.

It is said that your mission with what you do best every day, and your vision is what the future looks like because you do that mission so exceedingly well.

Our vision statement reads as follows:

**Our vision is that every older adult, adult living with a disability and their family members have access to information, programs and services which help them to thrive in the setting of their choice.**

We welcome your input as to how we are doing. Please feel free to contact me at [kellydw@dshs.wa.gov](mailto:kellydw@dshs.wa.gov) with your comments and or suggestions on our quest to be guided by these two statements of intent.

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

# Older American's Month 2011



Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

## **Older Americans:** connecting the community

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

# Medicare Spotlight

## MIPPA Grant Awarded to Washington State!

“Medicare Improvements for Patients and Providers Act” (MIPPA) funding has become available to the Area Agencies on Aging in Washington state to increase outreach and enrollment opportunities to assist those with Medicare to determine eligibility and apply for the following programs:

- Low-Income Subsidy
- Medicare Savings Program
- Medicare Part D Prescription Drug Program.

MIPPA includes special targeting efforts to Native American Elders, non-English speaking populations, and rural areas throughout the state.

For information on these programs, contact your local Information & Assistance

**360-577-4929**

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

# AARP<sup>®</sup> Tax-Aide<sup>™</sup>

## NEED HELP FILING YOUR TAXES??

Find a **FREE AARP Tax-Aide** site near you at [www.aarp.org](http://www.aarp.org)

**OR**

**Call your local Information & Assistance to find one near you!**

**360-577-4929**

*AARP Tax-Aide operates February 1st through mid-April*



## Powerful Tools for Caregivers

**April 22<sup>nd</sup>-May 27<sup>th</sup>**

*This session doesn't work for you?*

*Then pre-register for our September class!!*

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

**360-577-4929 OR [iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)**

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

## Vision Loss is NOT a Part of Normal Aging



“Many factors influence eye health. Some, such as diet and lifestyle, can be controlled; others, like aging and genetic

predisposition, cannot. But monitoring eye health can play an important role in preventing, or minimizing vision loss.”

Here are some general tips for keeping your eyes healthy:

- Schedule routine eye exams.
- Monitor your blood pressure and exercise regularly.
- Guard your eyes from the sun.
- Protect your eyes.
- Consult your doctor before taking nutritional supplements.
- Don't smoke!

*Information Acquired from: Vision Loss is Not a Normal Part of Aging Open Your Eyes to the Facts*

## Arthritis & Pain

Arthritis comprises more than 100 different rheumatic diseases and conditions, the most prevalent being osteoarthritis. With pain being of the most common symptoms of arthritis

Pain is often thought of something that must be managed rather than something that can be prevented. While it may not always be possible to erase pain entirely, there are some things that can be done to help keep it at bay:

**Exercise regularly.** Through exercise, you can improve your overall health and fitness, as well as your arthritis symptoms.

**Protect your joints.** Using your joints wisely means doing everyday tasks in ways that reduce the stress on painful joints.

**Get enough sleep.** Sleep restores your energy so that you can better manage pain. It also rests your joints to reduce pain and swelling.

When pain cannot be prevented, consult your physician for ways you can learn to manage your pain.

*Information Acquired from: Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org) and Centers for Disease Control  
[www.cdc.gov/chronic\\_diseases](http://www.cdc.gov/chronic_diseases)*

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

## A Woman's Health Priorities Throughout Her Lifetime

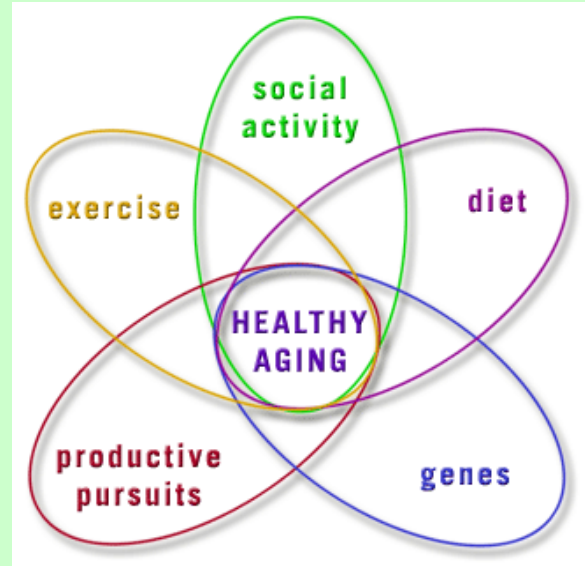
As we age, our bodies become more susceptible to illness and disease.

This reality is what makes it important to stay active as well as have the following recommended vaccinations and health screenings:

- Dental exam -Every 6 months
- Mammogram- Annually
- Pelvic exam and Pap test- Annually
- Physical exam / blood pressure check- Annually
- Rectal exam / fecal occult blood- Annually
- Eye exam -Every 2 years
- Skin cancer- Every 3 years
- Electrocardiogram -Heart Disease; 3 to 5 years
- Diabetic screening- Every 3 years after 45
- Sigmoidoscopy -Every 3 years after 50
- Dbl contrast barium enema -Every 5 years after 50
- Colonoscopy -Every 10 years after 50
- Cholesterol-Every 5 years after one normal test
- Tetanus booster- Every 10 years



Information Acquired from: *Borgess Women's Health*  
[www.borgess.com](http://www.borgess.com)



## Health Screening Checklist for Men 50+

- Physical Exam - Annually
- Blood Pressure: - Annually
- Blood Tests & Urinalysis - Annually
- Rectal Exam: - Annually
- Prostate Specific Blood Test - Annually
- Hemocult: - Annually
- Testosterone - Consult your physician
- EKG - Every 3 years
- Colorectal Cancer - Every 3-4 years
- TB Skin Test - Every 5 years or on occasion of exposure
- Tetanus Booster - Every 10 years

Information Acquired from: *Men's Health Network*

# Fall Prevention Tips for Home

*Did you know ...Each year 1 million adults over age 25 are injured from falls at home.*

- Remove items from stairs.
  - Take up small throw rugs.
  - Have grab bars installed next to the toilet and tub/shower.
  - Use non-slip mats in tub & shower.
- 
- Improve the lighting in your home.
  - Install handrails and light switches on top and bottom of staircases.
  - Wear good fitting shoes with non-slip soles.
  - Keep areas where you walk clear.

*Information Acquired from: WSDOH Injury & Violence Prevention*

## Exercise and Everyday Activities Go Together

**Endurance** activities will make it easier for you to:

- Push your grandchildren on the swings
- Vacuum
- Rake Leaves

**Strength** training can maintain your ability to:

- Carry a full laundry basket from the basement to the second floor
- Carry your smaller grandchildren
- Lift bags of mulch in the garden

**Flexibility** or stretching, exercises make it possible for you to:

- Look over your shoulder to see what's behind you as you back the car out of the driveway
- Make the bed
- Bend over to tie your shoes

**Balance** exercises can help you:

- Stand on tiptoe to reach something on the top shelf
- Walk up and down the stairs
- Walk on an uneven sidewalk without falling

*Information Acquired from: Exercise & Physical Activity: You're Everyday Guide*

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

## Wahkiakum County Emergency Community Notification System



Wahkiakum County has implemented an emergency community warning system!

This system can send emergency messages to your telephone, cellular phone, voice over Internet Protocol (VoIP) and to your email.

This service is available to residents and businesses within the county.

### HOWEVER...

This system cannot contact you unless you give your contact information and your permission.

For additional information call your Information & Assistance Specialist ...  
360-795-8630 ext 128 or you can call 360-577-4929

## Ask Your I & A Specialists...

**Q:** Where can I get vouchers for the local Farmers Markets?

**A:** The Senior Farmers Market Nutrition Program vouchers are generally distributed in late Spring. Contact Information & Assistance directly for distribution sites and times.

**Q:** I was recently dis-enrolled from Basic Health and have no health insurance, what are my options?

**A:** At this time, the best resource for health insurance options is SHIBA. The Statewide Health Insurance Benefits Advisors can help you determine what programs and services you may be able to access. They can be reached at 800-562-6900.



***Southwest Washington Agency on Aging & Disabilities  
Family Caregiver Support Program invites you to***

**Join us for a Caregiver Workshop  
with Special Guest Speaker Teepa Snow**

***Co-Sponsors***



***Koelsch Senior  
Communities***

**Save the Date**

**Saturday, April 30, 2011**

**1:00 to 3:30 pm at**

**Lower Columbia College's**

**Rose Center for the Arts**

**Wollenberg Auditorium**

**1600 Maple Street**

**Longview, WA 98632**

**Please park in Parking Lot C**

**For more information & to register**

**call 360-577-4929**

**Keynote Speaker** is **Teepa Snow**, nationally renowned Dementia Care Expert and Occupational Therapist. Teepa will speak on **Coping with Challenging Behaviors & How Does the Environment Affect Abilities and Behaviors**. To learn more about Teepa, visit [www.teepasnow.com](http://www.teepasnow.com)

**The event is for family members caring for a loved one, health care professionals and students.**

**Cost for Event:** \$5.00 Scholarships available.

**Respite Care:** Assistance provided



*To learn more about the Family Caregiver Support Program and many other programs and services provided by Southwest Washington Agency on Aging and Disabilities visit:*

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

4th Annual Regional Senior Connections Fair

# Riding the Waves of Change

Blood Mobile

Entertainment

Prizes

# Senior Fair

Trainings

Booths

## SAVE THE DATE!

### Three Rivers Mall

Crafts

351 Three Rivers Dr. Kelso, WA  
98626

Wednesday May 4th  
9am to 2pm

For more information contact Janice Higby (360) 501-8363 / [higbym@dshs.wa.gov](mailto:higbym@dshs.wa.gov)  
If you would like to be recognized as a sponsor please contact one of these numbers as well!



# WHERE TO FIND US IN THE COMMUNITY

APRIL	MAY	JUNE
<p><b>2nd I&amp;A Resource Table</b> Lewis County Health Fair</p> <p><b>4th Agency Presentation</b> Lower Columbia Mental Health 3:30pm-5:00pm</p> <p><b>8th Agency Presentation</b> Frontier Nursing Staff</p> <p><b>16th I&amp;A Resource Table</b> Castle Rock Health Fair</p> <p><b>30th—I&amp;A Resource Table</b> FCSP Workshop w/ Teepa Snow</p>	<p><b>OLDER AMERICANS MONTH</b></p> <p><b>4th I&amp;A Resource Table</b> Senior Health Fair</p> <p><b>4th Highlands Partners Café</b> McClelland Arts Center 11:30am-1:30pm</p> <p><b>24th Agency Presentation</b> Longview Housing Auth.</p>	<p><b>14th Agency Presentation</b> Longview Free Medical Clinic</p> <p><b>22nd Agency Presentation</b> Northwest Justice Projects (CLEAR)</p>

## I & A Specialists:

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## I & A Coordinator:

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