



SENIOR UPDATE
 AREA AGENCY ON AGING
 ADVISORY COMMISSION ON AGING
 6955 FOOTHILL BLVD., SUITE 300
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Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Urban Wars and Shelter Doors

Sister Mary Nolan, O.P., L.C.S.W.
 St. Mary's Center

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“One day we will wake up and discover—we are family”
 Archbishop Desmond Tutu

Two years ago I decided to write a Shelter Manual for staff members at St. Mary's Center, to have consistency in our Shelter. This title was my first inspiration. In Oakland we have a growing population of extremely low-income seniors who live in or move to Oakland in hopes of finding housing, stay near family, or any of a dozen other reasons for living here. At St. Mary's Center opening doors to people and with people is what we do.

At St. Mary's Center we work with seniors aged 55 and above who are extremely low-income or no income. We strive to build

an inclusive community of respect, dignity, nonviolence, and justice. I am over 600 elderly women and men every night in Homeless Program that provides intensive case management, mental health services, substance abuse recovery program, money management, advocacy for benefits and medical care, housing, hot lunches, and extra grocery bags...whatever it takes to restore an elderly person to their place in society. At this time of winter we open our doors as an emergency Winter Shelter, housing twenty-five homeless seniors from December 1 through April 30. Imagine your grandparents or parents without shelter in the freezing rain and cold, night after night. That is the reality for over 600 elderly women and men every night in Homeless Program that provides intensive case management, mental health services, substance abuse recovery program, money management, advocacy for benefits and medical care, housing, hot lunches, and extra grocery bags...whatever it takes to restore an elderly person to their place in society. At this time of winter we open our doors as an emergency Winter Shelter, housing twenty-five homeless seniors from December 1 through April 30. Imagine your grandparents or parents without shelter in the freezing rain and

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To Move or Not to Move

Christine Steiner, Commissioner

One of the most difficult decisions we face as we age involves moving from the home where we have lived for most of our life. Too often emotion clouds

our decision making capability. True, many people thrive on moving. Second homes and the lure of warmer climates tempt many to retire far from

their current homes. In high cost areas, selling for a high price to buy something less expensive with lower taxes has merit.

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To Move or Not to Move

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However, a large percentage of seniors wish to remain in their own home. Family is important but so are friends, church, medical and the social network built up over the years.

The death of a spouse is a pivotal time when moving often seems an answer to the loss one feels. Perhaps the best advice I received at such a time was to do nothing for a year.

Too often, guilt leads children to urge a parent to move close to them. Tempting though that may be you need to be honest about both your and their expectations.

Often, you will be leaving a strong social network for a place

where you are either going to rely on your children for your social life or be prepared to make new friends.

Weather is a critical issue. Can you deal with extreme heat or snow and ice? How stable is your children's work situation? Will you move only to have your children move somewhere else a few years later?

Always, your family should be part of the decision making process. They need to know your wishes if you become seriously ill or impaired. Also, if your financial situation requires you to seek housing assistance you need to get your name on the waiting

lists for the places you would like to live.

For those who stay in their home, check with your city to find out what services they provide to help seniors remain independent. Home loans and minor home repairs can ease the financial burden of keeping your home in good condition, transportation and Meals On Wheels are there if you are ill. Counseling agencies can assist you with questions about Reverse Mortgage.

Being prepared will help you make the best decision for yourself.

Echo Housing Vital Resource for Seniors

Frank Howell, Commissioner

Housing is one of our most basic needs. As the old saying goes, "A man's home is his castle." This is a fundamental need required by all of us regardless of age or income.

Echo housing had its origins in a rather modest way in 1964 when it grew out of the Eden Council for Hope & Opportunity. At that time the Civil Rights movement was in full bloom and the primary focus was on fair housing. Any landlord that practiced racial discrimination was hauled into court and fined.

Gradually, Echo expanded into a comprehensive service organization. Reverse mortgage counseling started in 1983. A host of services are now available to seniors including a rent deposit grant program, tenant/landlord counseling, home sharing, home seekers program, and home purchasing advice.

Echo housing has received major funding in every city in Alameda County.

This unique association currently serves over 7,000 clients per year and has been cited in the Congress-

sional Record.

The chairperson of the Echo Board, Mary Anne Reno is a passionate advocate for Human Rights and has been widely recognized for the work she does.

Urban Wars and Shelter Doors

Continued from cover

On December 4th we celebrated our first anniversary in our new location. Our agency life parallels the lives of our client at times: we were forced to move from our site of 14 years in the heart of downtown Oakland because the property was sold. Our new site is a former parish, St. Andrew-St. Joseph that was closed by the Diocese last August. The closing Mass was August 20 and we began renovation of the rectory on August 22nd. We moved in on November 28-30, 2006, amidst sawdust, plumbing that didn't work, rooms and cubicles that weren't finished, and a phone system that was yet to be connected. This year, no matter what the stress, my mantra is, "At least we're not moving!" Life centers and quiets down in gratitude! Shelter. Refuge. Sanctuary. Our work includes creating safe community for extremely vulnerable people. In collaboration with case managers throughout our agency, we hold out sheltering arms in multiple ways to provide a place of refuge, a holy place where believers and non-believers feel welcomed, respected, and safe. Our agency advocates (and agitates!) for more affordable housing for extremely low income seniors, more and better access to healthcare, increased income for seniors so that they can afford to purchase fresh and adequate food every month. Many seniors must choose whether they pay rent or medical bills, or food. Many go hungry much of each month. Many do not obtain needed medication because they cannot afford the co-pay amount. Many seniors sacrifice everything in order to stay housed even if there are rats, leaky roofs, or drug-dealing neighbors in their shabby

buildings.

From the moment we meet a new person, we focus on restoration of their sense of dignity, self-worth, and empowerment. "How can I be of use to **you**? What are **your** needs and goals?" Many people who come to us have severe and persistent mental illness and a concurrent affliction of substance dependence. Many have no access to medical care because they cannot negotiate the complicated and overwhelmed public systems. We are blessed to have our own psychiatrist who provides assessments and medications as well as assistance to obtain financial benefits. Another colleague and I are licensed clinical therapists; we provide much needed therapy for our clients. SMC created and staffs one of the only senior-focused substance abuse recovery programs in the nation. Recovery 55 addresses long-standing addictions in a respectful, harm-reduction focus that has helped many seniors regain their lives. When seniors do find housing and stabilize mentally and physically, they often want to "share the good news" with other seniors and government officials. They join our program for social justice and education called "Senior Advocates for Hope and Justice"; they find their voices to speak to local, City, State, and Federal lawmakers about the needs of low-income seniors. They are an amazing peace force, a living

inspiration to us all.

Our seniors host JustFaith groups from all over the County. They witness firsthand to the tragedy of homelessness and poverty, mental illness and addiction, lack of access to good medical care and adequate nutrition. We are blessed to receive the heart-warming service of many generous groups as well. Every night of our Shelter there is a group of families from a parish, a synagogue, or nearby church who cook homemade dinners for our Shelter guests. The children decorate paper placemats, set the tables, and serve individual dinners to each guest as they engage in the short conversations of children with as yet unknown friends. One night early in December the group brought poached salmon, wild rice, and freshly cooked vegetables, followed by homemade apple pie. One guest was moved to tears as he said, "I never thought people could be so kind."

Sometimes we are intimidated by the enormity of suffering and injustice in our world. What could someone like me do to change such evil, such global violence and inequality? When I ask a senior at St. Mary's, "How are you today?" The response is, "Sister, I'm blessed!" We reach out to one person at a time, help to heal one person at a time, and house one person at a time...until we can change the whole world!

Help for Being a Family Caregiver

Donna Schempp, LCSW, Program Director

Family Caregiver Alliance

Jane got a phone call from her mother's neighbor. The neighbor said that her mother, Mrs. P, had walked down the street wearing her nightgown this morning. Jane had not seen her mother in two months but had called her weekly. She had noticed that her mother had not been quite as talkative, but she did not see any reason for concern. Now Jane was going to join the world of being a caregiver. There are approximately 34 million informal and family caregivers in the United States caring for someone over 50 yrs old, 9 million of them caring for someone with dementia. Two thirds of these caregivers are women, who are spending many hours shopping, cooking, cleaning, handling finances, taking the care receiver to the doctor, providing transportation and activities. Adult child caregivers are often employed full time and raising children, spousal caregivers are often elderly themselves.

What is shown by study after study is that caregivers compromise their health. About 60% of caregivers are clinically depressed, and caregivers take more prescription medications, including ones for anxiety and depression, than others in their age group. Asking for and accepting help are major barriers to getting

necessary respite and support.

Caring for a loved one takes three main things. The first is information—on the illness, on community resources, on how to get help. The second is support—from support groups to support from doctors, family, and friends. The third is respite—breaks from caregiving to renew and refresh to prevent burn out.

“The care you give to yourself is the care you give to your loved one,” said a caregiver. Absolutely the easiest thing for someone to say and the hardest thing to accept is the concept of taking care of yourself as a caregiver. It is often hard to see beyond the care tasks that await you each morning. Here are some tips for helping you cope as a caregiver.

Education. Learn as much as you can about the illness so that you can understand what is happening. Attend a support group, not just for emotional support but also to learn caregiving tricks to make caregiving easier.

You can't know it all; this is a job you weren't trained to do. Contact someone who can help you connect with community resources and use them. Most diseases have a national organization. Researching the website for that organization will help you to get the latest information on the disease, treatment options and long term care needs.

Support. Support and coping comes in many forms—prayer, talking to family, friends or professionals, saying “yes” to offers of help, taking walks, reading a book, eating hot fudge sundaes. But most caregivers end up withdrawing from friends and family and feeling isolated and like no one understands.

Support groups can be an important source of understanding and connection. Attending caregiving classes or workshops can also help you to get the understanding you need.

Setting limits. Learn to ask for help. The oft heard statement, “Let me know if there is anything you need,” has but one answer —“Yes, I need a meal, I need someone to stay here so I can go out, I need some time by myself, I need flowers, I need help in the garden, I need some groceries.” Learn to say “no” to requests that are draining rather than nurturing, such as hosting holiday meals. You can still make choices about your life and what is right for you and you do still have some control.

Your Body. It's easier said than done. We all know we need to eat right, exercise and get eight hours of sleep.

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Help for Being a Family Caregiver

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Not getting enough sleep is a major cause of illness and stress in caregivers. Exhaustion is one of the main complaints, leading to irritability and then inappropriate anger which then leads to more guilt. Talk with your physician about sleep problems, if you are having them, and ask for help if your loved one is having trouble sleeping through the night. Know the limits of your own endurance and strength. Make sure you have regular check ups and that those “little concerns” about your health are looked into. Exercise is even more important as it gives you a break, combats depression and helps you maintain health. One common fear of caregivers is the worry about what will happen to their loved one if something happens to them. Taking care of your body is your best defense.

Emotional Health. It is easy to become overwhelmed, thus the need for breaks. One caregiver related that she deals so much better with her husband when he has been at day care, because when he comes home, she is not already frustrated by him. Without breaks, you begin to question yourself, feel inadequate and experience burn out. Caregivers are often mourning the loss of the person “who used to be.” Grief and loss needs to be acknowledged. Taking care of yourself may mean dealing with family issues, as caregiving brings one back to family, albeit in a new way.

Guilt. Guilt that “I should” do this or be able to do it, guilt that your loved one won’t get as good care if you aren’t doing it, guilt that something will happen if you are away, guilt about having a good time when someone else is not. Just like in raising a child, there is no such thing as a

“perfect” caregiver. And you are not selfish to sometimes think about yourself and your needs and feelings. Although caregivers feel guilty when they get angry or frustrated, feelings are ok and a sign of how you are coping. “How can I say it is difficult when I really love my wife,” one husband said.

Respite. One caregiver said, “I’m tired of being told to ‘take care of myself.’” But without finding ways to do that, it is easy to become overwhelmed. Respite breaks might be lunch with a friend, catching an afternoon movie, or a walk around the block. It is whatever will nourish you and help you to feel refreshed when returning to your caregiving duties.

One way to get respite is to hire help to take care of the care receiver. Hiring help can take many forms. One can hire a family member, friend, neighbor or professional attendant. Or one can hire someone through a home health agency. Often attendants are found through word of mouth. No matter where you find someone, it is important to check someone’s references—other people they have cared for. You want to write a clear job description, e.g. the things you want the person to do, so that they know what they are signing on for when they accept the job. There are full service agencies and agencies that work as employment agencies. The National Private Duty Association has a list of agencies in Northern California that meet criteria for quality of care. Their telephone number is 317-663-3637. There is

a very helpful fact sheet called “Hiring In-Home Help” on the website www.caregiver.org or by calling 415-434-3388. When you hire privately, it is important to remember that you have legal obligations, e.g. payroll, as well as obligations to check your insurance for liability coverage.

One of the stressors of caregiving is seeing no end to the situation. When caring for someone with an acute illness, it is possible to gear up and put life aside for a week or a month until that person gets better. But caring for someone with a chronic illness means learning how to pace yourself, as you can’t put life on hold until the person gets better. Remember, in most cases, this is only a temporary situation, albeit several years. Having a life and connections helps you to be able to adapt back. It is important to do things so that you can maintain perspective, otherwise, caregiving becomes one’s only reality.

Alameda County offers a variety of services for caregivers through the National Family Caregiver Support Program, funded through the Older American’s Act. For more information about caregiver services in Alameda County, call 1-800-510-2020. Meanwhile, your best defense is a sense of humor. Find things to laugh at daily. It refreshes the soul and renews your spirit.



The ABC of ZZZ's

Moshe Lewis, MD, MBA, MPH

The Importance of Sleeping Well

We all remember the gleeful childhood cliché “sleep tight ... and don't let the bedbugs bite!” In fact, there is an interesting circle in life when it comes to sleep as pointed out by one of my patients this week. As infants we sleep most of the time. Children and teens however, often want to stay up as long as they can. By the time we enter college, pulling all nighters by any means necessary is the norm. Finally in adulthood, it seems we just can't find a way or enough time to sleep.

So why is it so difficult for most to get their required amount of sleep? It has been estimated that 90 million Americans suffer from a sleep disorder. Unfortunately, it is not a simple matter of just avoiding the bedbug's bite. Sleep is a complex, physiologic process. There is still significant debate about the reasons why we actually need sleep. We do believe however, that in order for sleep to be effective, the body must proceed through five different stages of sleep."

The Five Stages of Sleep

In stage one sleep, people are aware of noises around them and can be easily awakened. Often one will experience a rush of ideas as the body begins to relax and unwind. Generally, we spend about five to ten minutes in stage one before proceeding to stage two, a deeper level of sleep. It is

here that the body starts its reparative process and begins to relax. As we progress to stages three and four, the level of sleep deepens, and the level of relaxation, repair, rejuvenation and restoration increases. Skeletal muscles of the limbs lose their tension and go limp. Smooth muscle cells lining the blood vessels relax and dilate. The blood pressure falls, the heart rate decreases, the body temperature drops, and respiration becomes less frequent. This increases the blood flow to all tissues in the body allowing them to get bathed with the oxygen and nutrients found in the blood. This influx of blood also removes waste products and toxins that have accumulated throughout the day. As we enter the fifth stage of sleep, a dramatic change occurs. During stages two through four, the brain was resting and being rejuvenated along with the rest of the body. However, the brain is very active during stage five, sending nerve impulses throughout the body. As a result, blood pressure, heart rate, body temperature and respiration all increase. Also, skeletal muscles begin to contract, even those that control eye movement. In fact, stage five sleep is also referred to as

R.E.M. sleep due to the rapid eye movements that occur at this time. Dreaming occurs during stage five. Experts believe that dreaming is a means for our bodies to deal with stress at a subconscious level — a way to heal ourselves intellectually, emotionally, cognitively, psychologically and spiritually. This is accomplished directly or indirectly through symbolization and role playing in our dreams. Without the ability to enter into stage five sleep and dream, many of the stresses that we internalize throughout the day would continue to build.

This might lead to irritability, poor concentration, emotional dysfunction and diminished physical performance. Most of us have experienced or witnessed these effects after a restless night, but can you imagine the cumulative effect of insomnia that occurs night after night? It would be devastating. In fact, many of the widely publicized industrial accidents in recent years have been due to sleep deprivation.

Accidents where fatigue has played a decisive role:

a.) On January 28, 1986, NASA managers preparing the space shuttle Challenger "had been working over 20-hour shifts before making the critical decision on whether or not to go and their knowledge about the O-rings." The O-rings failed and caused the explosion, provoked by the managers' fatigue, notes investigators.

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The ABC of ZZZ's

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b.) The National Transportation Safety Board has traced the 1989 Exxon Valdez Alaskan oil spill to the severe fatigue of the tanker's sleep-deprived third mate (he'd slept for only six hours of the previous 48). The first mate on the Valdez had been working 30 hours, according to investigators.

c.) After completing an exhaustive 19-hour workday on the film Pleasantville, assistant camera operator Brent Hershman fell asleep at the wheel while driving home, resulting in his immediate death on March 6, 1997. Since his death, his co-workers have drafted the petition, "Brent's Rule," asking for a 14-hour shooting limit on film and television sets.

d.) On October 23, 2001, the National Transportation Safety Board concluded that mistakes by a fatigued cockpit crew caused the 1999 crash of an American Airlines jetliner in Little Rock Arkansas, killing 11 and injuring 105 passengers. Studies by NASA and the Battelle Memorial Institute have concurred with pilot unions that a pilot should not be on duty more than 12 hours. Incidentally, by the time the ill-fated plane neared Little Rock, the crew had been on duty for about 13 1/2 hours.

Overall, sleep should provide physical repair (during stages two through four) and psychological rejuvenation (during stage five). To accomplish this, the body cycles through these stages

approximately six times a night, each cycle lasting about 60 minutes. The first few cycles are spent primarily in stages two, three and four. As the night progresses, more time is spent in stage five.

What About Melatonin?

Here at Blackwomen's health we are often asked about melatonin. Despite its current popularity and notoriety in the press, it remains controversial and the effects of its long-term use are unknown. It is also prohibited in most countries outside the United States. Melatonin is itself a hormone and is produced in a portion of the brain called the pineal gland. Today, as more and more people become health conscious, most do not want hormones in their food or milk.

What About Sleep Aids ?

Due to the significant side effects that many sleep aids have, we strongly encourage you to have a conversation with your health provider before taking sleep aids on a regular basis. Some of the newer formulations have been designed to minimize long term side effects. Therefore, look for products that don't contain sedatives and are non-addictive. We are all bombarded with advertisements for prescription sleep aids. What the end of all of these ads say is that these products are not intended for ongoing use, and that they may

have numerous side effects. There are lots of products out there, so it's critical to understand what to look for. Finally, if you are finding yourself having to drink more than a cup of coffee each day or getting espresso's and "extra shots" you are probably sleep deprived and using yet another drug to combat your need for more sleep each night.

Tips for a Good Nights Sleep:

- Darken the room so your brain releases more melatonin for better Sleep
- You shorten the REM stages in unhealthy ways if you stuff yourself, drink just before bedtime, or take certain medications that have stimulants such as amphetamine like components. These include antidepressants, Ritalin or Strattera.
- Take time to pamper yourself at a spa or with a massage.
- Turn off the television and radio an hour before bedtime. This will decrease the amount of stimulation you and your children face.
- Take vacation time and use your paid time off, especially when it does not accrue year to year.
- Take naps, especially on the weekend, when there is some extra time.

References:

Wald, Matthew L. "The Costs of Sleeping on the Job."
 Transport Canada-Civil Aviation
 National Transportation Safety Board
 New York Times Archives SleepTest.com

Older Americans Month, May 2008

Working Together for Strong, Healthy, and Supportive Communities

Department of Health and Human Services Administration on Aging

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support

our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges.

The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide

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Living Longer, Growing Stronger in Alameda County

Delbert Walker, Area Agency on Aging

The 7th Annual Healthy Aging Fair is scheduled for Wednesday, September 10th, 2008 at Centennial Hall in Hayward. The Healthy Aging Fair, which is the largest annual free health screening event for older adults in Alameda County, helps older adults maintain and improve the state of their health and safety by providing health screening results and resources. Over 900 older adults and community members attended the 6th Annual Fair held in September 2007. More than 1,000 health screenings were provided including balance & gait,

bioimpedance, body mass index, bone density (osteoporosis), blood pressure, glucose, hearing, medication review, podiatry, and vision among others. Participants also had access to the invaluable information provided by the 65 service providers in attendance. The Healthy Aging Fair featured a welcome address by City of Hayward Mayor Michael Sweeney, performances by the East Oakland Senior Center Gospel Choir, the Bluebird Choir and Line Dancers from the East Bay

Korean American Senior Service Center, Northern California Soul Strutters, T'ai Chi Chih Movement, Breathe for Life Massage Therapy, Ukelelist Teddy Louis, the Japanese Botanical Garden Health Walk, golf putting course, raffle, and a light and nutritious lunch.

Bus transportation to and from senior centers and shuttle service to and from the Hayward BART will be provided. Please mark your calendars now and join us for this entertaining, educational, and fun-filled event.

Senior Injury Prevention Conference

Colleen Campbell, SIPP Coordinator

On May 15, 2008, the Alameda County Senior Injury Prevention Partnership (SIPP) will once again host the Annual Statewide Senior Injury Prevention Conference. This year the conference will take place at UC Davis Medical Center in Sacramento in partnership with UC Davis and the California Department of Public Health. The Senior Injury Prevention conference has become an event that is recognized throughout the state as the annual forum for service providers to hear current research on injury topics, prevention techniques, model programs, and to network with other service providers. Previous conferences have included the launch of the California Stop Falls Network, introductions of the Archstone Fall Prevention grantee programs, interaction with experts from the American Society on Aging's DriveWell program and the California Poison Control Center. The 2008 conference will include sessions on medication use and misuse, driving safety, beginning and advanced falls prevention, injury prevention program evaluation, changing the alcohol and medication environment, and more. It will also showcase innovative new templates for PowerPoint presentations to assist in fall prevention advocacy efforts across California. Continuing education will be offered to nurses and LVNs, EMTs and paramedics. For more information on the conference go to: acgov.org/ems/ems_SIPP.htm or call Colleen Campbell at 510.577.3535.

Older Americans Month, May 2008

Working Together for Strong, Healthy, and Supportive Communities

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consumers with more control over their lives.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability,

and injury.

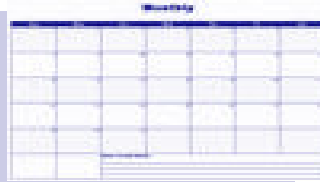
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing as long as possible.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to serve older adults, and find ways to enrich the lives of the older adults who touch your

life. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations. For more information on Older Americans Month 2008 visit The U.S. Administration on Aging's website at www.aoa.dhhs.gov.



CALENDAR OF EVENTS



April 15, Tuesday, 11:00 a.m. -1:00 p.m.
Campus quad at 900 Fallon St., Oakland
Laney College Health & Wellness Fair
presented by Laney College Health Services
For more information call (510) 464-3516

April 17- June 18, 2008
Mind Your Mind: A Whole Brain Workout for Older Adults
Featuring speaker: Micheal Pope of Alzheimer's Services of the East Bay
Presented by Alameda County Library Senior Services
For more information call (510) 745-1499 or visit www.aclibrary.org

April 26, Saturday, 8:30 a.m.-12:30 pm
North Oakland Senior Center, 5714 Martin Luther King Jr. Way
African American Caregiver Forum
Presented by Alzheimer's Association
For more information call (925) 284-7943

May 1, Thursday, 9:00 a.m.-1:00 p.m.
Kenneth C. Aitken Senior Center, 17800 Redwood Road, Castro Valley
Senior Health & Resource Fair
For more information call (510) 881-6738

May 1, Thursday, 6:00 p.m.- 8:00 p.m.
Alzheimer's Services of the East Bay
Oakland Adult Day Health Care Program, 400 29th Street, Suite 105, Oakland
Open House *at new location*
For more information call (510) 268-1410

May 10, Saturday, 11:00 a.m. -3:00 p. m.
Kennedy Park, Hayward
Third Annual Recreation for Life
Presented by Hayward Area Recreation and Park District
For more information call (510) 881-6768



Senior Housing And Residential Care: *An Overview of Building and Facility Types*

The Senior Information Program of the Alameda County Area Agency on Aging provides free Information & Assistance at 1-800-510-2020 or 510-577-3530. Senior Information also produces directories that provide overviews of services.

This article gives a brief overview of the housing directories available from Senior Information as well as care facility directories and information available from other agencies.

The following is a list of several types of residential sites and directories for seniors:

Senior Housing - Independent living apartments for persons 55 and older, many of which are subsidized to provide affordable units for seniors who meet income eligibility requirements. Contact Senior Information for this directory or visit HUD's website at www.hud.gov/groups/seniors.cfm.

Retirement Residences - Independent living with amenities such as meals, transportation, and activities usually included in a monthly fee. Many facilities also provide assisted living services for an additional monthly fee. Contact Senior Information for this directory.

Continuing Care Retirement Communities (CCRC) - CCRCs offer a long-term continuing care contract that provides for housing, residential services, and nursing care, usually in one location, and usually for a resident's lifetime. Contact Senior Information for this directory or visit California's CCRC website at www.calccrc.ca.gov.

Residential Care Facilities for the Elderly - Licensed assisted living and board and care facilities for residents who need non-medical care. These facilities provide assistance with bathing, dressing and reminders to take medication. Contact Ombudsman Inc. at 510-638-6878 or visit their website at www.acombuds.org for a list of these facilities in Alameda County.

Skilled Nursing and Intermediate Care Facilities - Skilled Nursing Facilities (SNFs) are licensed to provide twenty-four hour nursing care including medical, rehabilitative and personal care. Intermediate Care Facilities (ICFs) are only required to provide eight hours of licensed nursing care each day. They must offer medical, intermittent nursing, dietary, pharmacy and activity services. Contact Ombudsman Inc. at 510-638-6878 or their website at www.acombuds.org, for

a list of these facilities in Alameda County.

Other agencies that provide information about housing include:

- **Eden Information and Referral** (rental housing information, shelter referrals), 2-1-1 or 1-888-886-9660.
- **Center for Independent Living** (housing information for disabled persons in North County), 510-841-4776.
- **Community Resources for Independent Living** (housing information for disabled persons in Central, South and East County), 510-881-5743.

In addition, the Eldercare Locator, a public service of the U.S. Administration on Aging, is offering a booklet called "**Housing Options for Older Adults: A Guide for Making Housing Decisions**". To obtain a copy visit their website at www.eldercare.gov or call 1-800-677-1116. For more information about housing options contact Senior Information at 1-800-510-2020 or 510-577-3530.

**Senior Update
Area Agency On Aging
Advisory Commission on Aging
6955 Foothill Blvd, Suite 300
Oakland, CA 94605-1907**

Phone: 1-800-510-2020
Fax: 510-577-1962

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We're On The Web!

http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa.cfm

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CALENDAR OF EVENTS

(Continued from p. 10)

May 16, Friday, 11:00 a.m. –2:00 p. m.
Frank H. Ogawa Plaza, 14th & Broadway, Oakland
6th Annual National Older Americans Month Celebration
For more information call (510) 238-2377

May 17, Saturday
Dublin Senior Center, 7600 Amador Valley Blvd, Dublin
Life Mindquest
Discover activities that engage all the senses
For more information call (925) 556-4511

June 27, Friday
Lake Merritt
5th Annual Healthy Living Festival
Presented by United Seniors of Oakland and Alameda County

September 12, Friday
Centennial Hall, 22292 Foothill Blvd, Hayward
7th Annual Healthy Aging Fair
Presented by the Alameda County Advisory Commission on Aging
For more information call (510) 577-3532