



SENIOR UPDATE
 AREA AGENCY ON AGING
 ADVISORY COMMISSION ON AGING
 4925 FOOTHILL BLVD., SUITE 300
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July/August/September 2010

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Healthy Aging Fair Celebrates 9th Year

Delbert Walker, Area Agency on Aging

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Wednesday, July 21st will mark the 9th edition of the Annual Healthy Aging Fair.

This year marks a new location for the Fair, Moreau Catholic High School, 27170 Mission Blvd. in South 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 information, access, and vital health screening results and resources.

The increasing older adult population in Alameda County faces numerous challenges regarding health, financial security, well being, social networking, recreational activity, safety, housing and

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Living with Diabetes

Moshe Lewis, MD, MPH, MBA

Living with Diabetes brings various challenges along the way. For adults and especially for children, the initial steps to adjusting to this diagnosis take time and most importantly education. Maybe you've just been diagnosed and or you've had diabetes for years. When one is trying to exercise, go out with friends, travel and adjust to work, school or the demands of family, diabetes can "get in the way". But don't worry,

we're here to help.

Accepting the Diagnosis

This is often a key first step. A diagnosis of diabetes can send shock waves through your entire family. It will take some time for you and your family to adjust to all of the associated emotions. There are support groups and regular meetings at almost every local hospital. In addition, organizations

such as the American Diabetes Association can be a wealth of information.

Traveling

It is important to take into consideration the best times to travel and to prepare for delays, so that you are not stuck without your medication. In addition, we recommend a medical ID bracelet. Countless times, diabetics have passed

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Living with Diabetes

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out while traveling or out in the company of strangers due to hypoglycemia. This can also happen even when you are close to home or at a sporting event or at a concert and no one knows what to do. When a first responder knows to look at a medical ID bracelet, this can provide invaluable information. To obtain a MedicAlert identification tag, please call 1-888-633-4298.

Exercise

Blood sugar can vary immensely throughout the day in relationship to several factors including the time of the last meal, insulin levels and even exercise. The body requires extra energy, usually in the form of glucose during exercise. This can lower blood glucose levels.

The benefits of exercise on diabetes are huge. In a recent study of Hispanic men and women, 16 weeks of strength training produced dramatic improvements in glucose control that are comparable to taking diabetes medication. Therefore, aerobic exercise can help decrease the risk of type 2 diabetes and helps those with diabetes to better manage their blood glucose levels. Examples of aerobic

exercise include swimming, walking or bicycling. Remember to discuss your plans with your physician or Endocrinologist so that you don't develop hypoglycemia unexpectedly during your favorite exercise routine. For example, depending on the time of exercise, you may have to reduce your dose of either long-acting insulin or short-acting insulin.

The [American Diabetes Association](#) offers these basic guidelines for exercising:

- Learn the effects of various types of exercise on your blood sugars.

- Do not exercise if your blood sugar is greater than 250 mg/dL (milligrams per deciliter) and your ketones positive. This is an indication that you already may have a lack of insulin and exercise will only cause a greater rise in your glucose levels. Hydrate yourself and adjust your insulin as necessary, contact your health care provider.

- Use caution when exercising if your sugars are greater than 300 mg/dL without evidence of ketones, exercise may help de-

crease your sugars, but it's possible they will increase instead. Hydrate well prior to and after exercise and keep track of your sugars and ketones.

- Have carbohydrate-based foods available for exercise and for the period following exercise. Add carbohydrates to your meals if you plan on doing exercise. Adjust your insulin dose appropriately in anticipation of exercise.

To learn more about exercising visit the American Diabetes Association article at :www.diabetes.org/weightloss-and-exercise/exercise/overview.jsp.

References:

1. [American Diabetes Association](#)
2. [Diabetes New Day, Healthy Ideas for Living in Balance](#)

Healthy Aging Fair Celebrates 9th Year

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care options among others. Participants will have access to the invaluable information provided by the service providers in attendance. Attendance is expected to top 1,000 with more than 1,500 health screenings being provided.

The 8th Annual Healthy Aging Fair featured several performances from the East Oakland Senior Center Gospel Choir, the Northern California Soul Strutters, and the Bluebird Choir and Line Dancers from the East Bay Korean American Senior Service Center. Other activities included Breathe for Life Massage Therapy, Ukelelist

Teddy Louis, the Health Walk, Golf Putting and Raffle. City of Hayward Mayor Michael Sweeney delivered the welcome address and everyone was treated to a light and nutritious lunch.

This year, bus transportation to and from senior centers and shuttle service to and from the South Hayward BART will be provided. We are encouraging those who can, to take BART to the South Hayward station and participate in a guided health walk to the event site. The school is less than 1 mile from the South Hayward BART station and there will be

3 water/rest stops along the route. The free BART shuttle will also be available for those who choose not to walk from the South Hayward BART. Contact your local Senior Center to sign up for bus transportation.

The 9th Annual Healthy Aging Fair will be held on Wednesday, July 21, 2010 from 10:00am until 2:30pm. Please mark your calendars now and join us for this entertaining, educational, and fun-filled event. For more information contact Delbert Walker at (510) 577-3532 or by e-mail at dwalker2@acgov.org or Amy Holloway at (510) 577-3540 or by e-mail at aholloway@acgov.org.



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The New Health Care Law: What it Means for People 65+

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The New Health Care Law: What it Means for People 65+

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2010 Farmers' Market Guide for Alameda County

Printed with permission of Alameda County WIC Program





Our Most Convenient Office is Online

Sarah Kim-Lee, Social Security Regional Affairs Specialist

You probably don't need anyone to tell you that times are tough for many people right now. The past year has seen a recession-driven increase in applications for Social Security retirement and disability benefit applications. These increases translate into busier offices and telephone lines. So if you need information, or want to apply for benefits, visit the most conveniently located office Social Security has: our online office at www.socialsecurity.gov. There, you can apply online for retirement, spouses, and disability benefits. There's no need to fight the traffic to

visit an office or wait for an appointment. Our website makes it simple, allowing you to apply for retirement benefits in as little as 15 minutes.

If you're not certain you're ready to apply, we have online resources that can help you decide. Our *Retirement Estimator* will allow you to enter different scenarios to come up with the retirement plan best for you. You can find it at www.socialsecurity.gov/estimator.

A Disability Starter Kit makes it easy to prepare for your disability application. The kit explains the documentation and information

you'll be required to share on the application, and includes checklists and worksheets to help take the mystery out of applying. You can find the Disability Starter Kit at www.socialsecurity.gov/disability on the left-hand side of the page.

There are other things you can do online, such as applying for a replacement Medicare card, and requesting an SSA-1099 for tax purposes. You can learn about these and other online services at www.socialsecurity.gov/online-services.



California Senior Legislature

Miriam Schiffman, Commissioner

The Alameda County Commission on Aging is pleased to announce the names of the newly-elected representatives to the California Senior Legislature. Representing Alameda County Seniors in the CSL Senate will be Robert Smith. Re-elected as CSL Assembly Members are Dr. Quincy Campbell,

Nery Hartschen, and George Tucker. All will serve four year terms. Elected at the Commission's May meeting, they will be sworn into office at the CSL Annual legislative session in Sacramento next October.

Established in 1981, CSL is instrumental in developing and prioritizing potential

legislation that will improve the quality of life for Seniors and lobbying our State legislators to enact it into law. Information about CSL and contact information for Alameda County's representatives (through the PSA Directory) can be gotten on CSL's website at www.4CSL.org.

Senior Information



Mobility Health: Trying to Get Somewhere

Transportation keeps us connected with community members and institutions. We use transportation to go to the grocery store and medical appointments, to visit friends, and to participate in other lifeline activities. The following programs help seniors with transportation issues:

- Driver Safety – AARP Driver Safety Program, 1-888-227-7669 and Senior Injury Prevention Driving Skills Maintenance, 510-577-3535.
- Transportation services for seniors and people with disabilities – ACTIA (Alameda County Transportation Improvement Authority), 510-893-3347, www.accessalameda.org.
- Travel Training programs that help you learn to ride Alameda County's public transit –United Seniors of Oakland and Alameda County, 510-729-0852.

Resources for Seniors

It takes money to provide housing, food, health care, social activity and so on. For seniors with limited income, it is challenging to face costs for these life-sustaining needs. Throughout the last several decades, the senior services community has worked to increase programs like In-Home Supportive Services, Meals on Wheels, and Adult Day Care to help people to live independently at home and avoid the more costly avenue of institutionalization. Although the senior population and usage of supportive services is growing, programs like these and others continue to be threatened by budget cuts. So how do people get by? It's not easy and some experience grave hardship. It is important to face the reality and seek out resources for help to move forward. For help in sorting through concerns and navigating resources, call Senior Information at 1-800-510-2020.

Gray Panthers: 40 Years of Activism

<http://www.graypanthers.org> and <http://berkeleygraypanthers.mysite.com/>

Gray Panther members recently kicked off their 40th Year Anniversary actions and celebrations. On April 17, 1970, the late Maggie Kuhn, outraged at being forced to retire at age 65, met with friends to do something about ageism. Working with younger people, they acted against the Vietnam War. Their intergenerational organization became the Gray Panthers, with networks across the country.

Over the years, Berkeley Gray Panthers founded the Over Sixty Clinic in 1976 and established Section 8 senior housing at Redwood Gardens. The Panthers made efforts to keep elders in their homes and to reform nursing homes. They continue to carry many petitions for causes such as Single Payer Healthcare and the California Majority Rule Campaign. They have regular meetings on the 4th Wednesdays at the North Berkeley Senior Center. To contact Berkeley-East Bay Gray Panthers, email GrayPanthersBerk@aol.com or call 510-548-9696.

Call Information and Assistance at (800) 510-2020 or (510) 577-3530

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We're On The Web!

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

Senior Update Editorial Board: S. Johnson– Simon, C. Steiner, R. DeDiemar, N. Hartschen, F. Howell, S. Stadmire, G. Tucker, K. Bridges, A. Holloway, and M. Schulz

Calendar Of Events



July– September

Programs for Older Adults at Alameda County Library Branches

Laughter for the Health of it! With Bev Bender, Certified Laugh Leader

Call 510-745-1491 or visit www.aclibrary.org for a schedule

July 9, Friday, 9:00 a.m.-2:00 p.m.

Oakland Zoo, Knowland Park, 9777 Golf Links Rd., Oakland

7th Annual Healthy Living Festival

For details call United Seniors of Oakland and Alameda County at 510-729-0852

July 21, Wednesday, 10:00 a.m. –2:30 p.m.

Moreau Catholic High School, 27170 Mission Blvd., Hayward

9th Annual Healthy Aging Fair

For details call Alameda County Area Agency on Aging at 510-577-3532

July 30, Friday

MTC Auditorium, 101-8th Street, Oakland

Mobility Workshop and Resource Fair

Annual event presented by ACTIA in partnership with PAPCO

For more information and to RSVP, contact Naomi Armenta at 510-267-6118 or narmenta@actia2022.com

September 10, Friday, 10:00 a.m. –2:00 p.m.

Marina Community Center, 15301 Wicks Blvd., San Leandro

13th Annual Senior Resource Fair

For details call San Leandro Senior Services at 510-577-3462