



SENIOR UPDATE
 AREA AGENCY ON AGING
 ADVISORY COMMISSION ON AGING
 4955 FOOTHILL BLVD., SUITE 300
 OAKLAND, CA 94603-1907

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Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Heroic Oakland community leader Frank Rose leaves legacy of generosity

By Sean Maher, Oakland Tribune

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Frank Rose invested himself in so many causes for improving life in Oakland, it's hard to believe any one person could keep track of them all. So it's a good thing he inspired so many different people to take up his work now that he's gone.

Rose died Oct. 8 at the age of 73, after a long struggle with various health problems. His funeral Wednesday drew a crowd of hundreds to Allen Temple Baptist Church, and members of the crowd ranged from youths he'd mentored into strong adults to top City Hall leaders, including the mayor, the City Council president and the interim police chief.

Rose embodied and resolved many contradictions in his service to his city and the

people who live there. He was tall and striking enough to stand out in any crowd but preferred not to be called out and recognized. He was a forceful and demanding hand in the community projects he worked on but left everyone he worked with feeling like his friend. He fought passionately to give opportunities to at-risk youths in the city's toughest neighborhoods but also demanded the city empower police to protect residents from those neighborhoods' criminals.

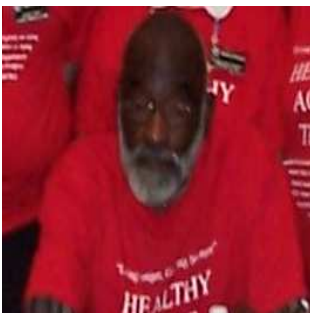
Rose is probably best known for his work as board president of the East Oakland Boxing Association, or EOBA, a nonprofit year-round program offering young people help building skills in

academics, gardening, physical education and leadership. But after he retired from his second career -- he spent 12 years in the Navy after joining at age 16, and worked another 23 years as a mechanic and manager for the U.S. Postal Service -- Rose took on a new life as a community activist.

He fought especially hard to improve life for seniors and youths, tackling quality-of-life needs including transportation and nutritious food, both in short supply in some of Oakland's poorer areas.

At his funeral, the crowd watched a video put together by Rose's family. It included a segment in which Rose, years ago, toured his neighborhood explaining why a video camera program was crucial to catching criminals. He criticized city leaders at the time for

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Frank Rose leaves legacy of generosity

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not supporting the plan, saying they let it languish because they didn't live in the areas where it was most important.

"You tell 'em, Frank!" shouted a member of the funeral audience, to cheers and laughter from the crowd.

In the video, Rose went on to say that keeping teenagers off the streets was important for many reasons but especially to protect them from being hurt or killed.

"When I die, that's a different thing," he said, his beard gray and his head long-since bald. "They can say, 'Oh, Frank, he did this, he did

that.' But a 16-year-old, or a 17-year-old? That's a loss. That's lost Potential."

"God truly blessed me to have someone like Frank Rose in my life," City Council President Larry Reid told the crowd. "He empowered people to live their life in the way that it makes a difference in other people's lives."

Mayor Jean Quan said Rose "left us a to-do list," including installing video cameras along 98th Avenue, maintaining community organization in his neighborhood and caring for the children EOBA,

and she vowed to tend to all of it.

Orlando Littlefield, 53, said he grew up in West Oakland without a father until he met Rose while at the age of 7 or 8, and soon he was going on trips to the park and other activities that seemed reserved for kids with dads. Now Littlefield said he still finds himself trying to guide younger co-workers to make good choices, just as his mentor did for him.

Rose is survived by his wife, Jeanette, and daughter Debbie Rose-Fields, and his mother Florence Rose.

The Area Agency on Aging staff, commissioners, and community at large mourn the passing of Frank Rose, former commissioner and passionate community activist.

It's Never Too Late to Get Fit and Enjoy It

Moshe Lewis, MD

"Maintaining the fountain of youth, health, and vitality in advanced age requires more care and effort than when you were in your twenties," advises Dr. Moshe Lewis, a pain management specialist. Dr. Lewis treats senior citizens in his San Francisco practice at the California Pacific Medical Center, and he advises that a steady,

balanced exercise routine is an essential ingredient to feeling better, living longer and maintaining your independence. These are some of the top tips Dr. Lewis gives to his older patients.

1. Reach for the Sky - Stretching

Stretching is an important factor in maintaining flexibility, and it offsets the

effects of gravity and aging on your joints. This is especially important to seniors, because as we age our muscles become shorter and lose their elasticity. Stretching is a proven way to relieve the resulting tension. Additionally, stretching will warm up your muscles and prevent injury during

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your exercise routine. And it feels great! For these reasons, stretching should always be the first step in a warm-up routine.

More advanced stretching exercises like Pilates will improve your balance, core strength, back strength, and conditioning for the spine. You can reap the benefits of stretching even if you are unable to take a dedicated weekday class—just devote fifteen minutes to stretching for a few days every week.

2. Go Gumby and do Yoga

If simple stretching is physically beneficial, yoga opens whole new worlds of flexibility, strength, and well being. Yoga is an excellent exercise and stress relieving activity that has been shown to alleviate chronic pain, increase mobility and reduce stress, which is particularly important given that most seniors have some form of hypertension or cardiovascular disease. Doing yoga exercises three times a week can provide remarkable results, particularly helpful for seniors with chronic pain problems and blood pressure or heart problems.

3. The Wonders of Walking

Often we avoid exercising

because we think, “No pain, no gain”—we assume that for exercise to be effective, it's got to be hard. What a damaging myth! You burn about as many calories walking a mile as you do running it. If you walk briskly instead of strolling, you reap cardiovascular benefits as well. Taking an energetic stroll outside is a pleasant way to exercise for a healthy heart.

Research done at the University of Pittsburgh Graduate School of Public Health has shown that starting and maintaining a simple walking program may be the best way to prevent heart disease and reduce surgeries and hospitalizations later in life. Walking improves your heart's fitness by lowering blood pressure. In addition, it reduces the risk of bone loss. The best news is that it can be done anytime, any place with low risk of injuries.

Try walking briskly for at least 20 minutes, three to four times a week. When you are walking briskly, you may be breathing heavily, but you should not be so out of breath that you can't carry on a conversation. So,

bring a friend!

4. Strength Building

If you think of strength training as the domain of elite athletes and bodybuilders, it's time to add seniors to that list. Seniors can lose as much as 2% of their muscle mass per year. To combat this, our muscles need resistance training to function at their full capacity. Use lighter weights with multiple reps to improve tone initially, even doing curls with a soup can will help to tone your muscles for endurance-based activities like walking or hiking. Strength building can be as simple as chair exercises for seniors who have mobility impairments.

It's not bad to have bodybuilder aspirations even in retirement, but you should be very careful about working up to big bulk-building weights. As we age, ligaments and tendons become less resilient. You have to build them up, as well. Slowly increase resistance on weight machines, if you increase the resistance at all. Gradually move to higher weights with fewer reps, and consider working with an experienced trainer. When using heavier weights, don't forget

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to rest and pace yourself.

5. Aerobic Conditioning

When health professionals recommend “aerobic” exercise, they don’t necessarily mean that you should join a bouncy, spandexed workout class with a perky instructor. Though that would certainly do the trick!

Aerobic conditioning simply means that you work out with enough vigorousness to keep your heart rate up for a prolonged time. This kind of workout helps your body to become more efficient in absorbing and processing oxygen. Aerobic conditioning is important because it trains the heart to pump blood more efficiently, allowing more oxygen to reach your muscles and organs. So in addition to strength benefits, daily activities like cooking or climbing stairs will leave you more energetic and less tired. There are lots of ways to get aerobic exercise, from rowing, swimming, jogging, riding a bicycle, or even participating in those formal bouncy aerobics classes. Choose one that sounds fun! Any of these aerobic activities can provide some relief for many conditions including joint pain, cardiovascular diseases, and even diabetes.

6. Exercise Judgment

Though athletes often make a

big show of working through pain, the best athletes are prudent with their bodies. They learn to listen to their body, and ease up or stop before a nagging pain becomes a catastrophic injury. You should do the same.

Consult a doctor if you’re unsure that you’re up to an activity; your health provider will help you work your way up to it, if necessary, and can point you in the right direction to combining strength training with an aerobic activity that you love.

7. Staying with it

It’s normal to feel tired when beginning a new exercise regimen. It often takes a few weeks to feel the energy benefits of exercising. So, in order to start feeling your best, it’s important to stay with your exercise regimen until your body catches up! Any exercise routine at all will improve your mobility, your strength, and your general mood, provided that you maintain it.

Here are a couple of helpful hints that you should consider to make your routine fun and rewarding.

•If possible join a walking

exercise group, or have friends join you.

•If you’re exercising alone, try listening to music.

•Variety is the spice of life, and exercise as well. You’ll enjoy cycling and walking more if you try new routes to keep things interesting.

•Since you are usually more rested in the morning, this is an excellent time for any type of exercise. What’s even better is that you will be energized for the rest of the day and ready for sleep at night.

•If you miss your program, or just can’t get going one day, don’t spend any time worrying about it. Forgive yourself, and don’t get discouraged. Just make sure to get back on track the next day.

Any exercise that causes your heart to beat fast and that can be sustained for more than 20 minutes is good aerobic exercise.

There are so many activities that meet this description, dancing, swimming, skating, cycling, and even raking leaves! The best tip, is to make sure exercise is fun.

Make a Plan for an Emergency or Disaster

Bernie Nillo, Commissioner



Depending upon the nature of the emergency and your circumstances, one of the first important decisions is whether to stay where you are or evacuate. You should understand and plan for both possibilities.

There are actions that should be taken before, during, and after an event that are unique to each hazard. Identify the hazards that have happened or could happen in your area and plan for the unique actions for each. Local Emergency management offices can help identify the hazards in your area and outline the local plans and recommendations for each. Share the hazard-specific information with family members and include pertinent materials in your family disaster plan.

Find out from local government emergency management how you will be notified for each kind of disaster, both natural and man-made. You should also inquire about alert and warning systems for workplace, schools, and

other locations. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call, or in rare circumstances, volunteers and emergency workers may go door-to-door.

The Loma Prieta and Northridge earthquakes and 9/11 have demonstrated the importance of community volunteers during a disaster. Spontaneous volunteers are often the first on the scene to conduct initial search, rescue, and first aid.

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient, able to live without running water, electricity and/or gas, and telephones, at least three days following a major

emergency. To do so, keep on hand in a central location the following:

- Food
- Water— one gallon per person per day (a week's supply)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- House and car keys
- Fire extinguisher- A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Sanitation Supplies
- Large plastic trash bags
- Tarp and rain ponchos
- Large trash cans
- Toothpaste/ toothbrushes
- Toilet paper
- Safety and Comfort
- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing

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- Plastic utensils
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking
- Adjustable wrench for turning off gas
- Tools and supplies including a screwdriver, pliers and a hammer

Households/individuals should consider and customize their plans for individual needs and responsibilities based on the methods of communication, types of shelter and methods of transportation available to them. As you prepare, tailor

your plans and supplies to your specific daily living needs and responsibilities. Most or all individuals have both specific personal needs as well as resources to assist others. You and your household and others you help or rely on for assistance should work together.

As part of tailoring your plans, consider working with others to create networks of neighbors, relatives, friends and co-workers who will assist each other in an emergency. Discuss your needs and responsibilities and

how people in the network can assist each other with communication, care of children, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance.

Learning what to do in different situations and developing and customizing your plans for your local hazards, the locations frequented by members of your household and the specific needs of household members including animals will help you reduce the impact of disasters and may save lives and prevent injuries.



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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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Senior Information



Volunteer Tax Assistance

The Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs provide free assistance to individuals with limited income and/or over the age of 60 who need help in completing federal and state income tax returns. Assistance is generally available from February 1 through April 15th and is provided at most senior centers and some library branches. There are several ways to find a location near you: call the IRS at 1-800-829-1040, check the State Franchise Tax Board website www.ftb.ca.gov/, call AARP at 1-888-227-7669 or visit the website www.aarp.org/money/taxaide, call Eden I&R at 2-1-1 or visit the website www.earnitkeepitsaveit.org.

2012 SSI and CAPI Benefit Increase

In January, SSI/SSP maximum payment amounts will increase to \$854.40 per month for a single aged or disabled person and \$909.40 per month for a blind individual. A couple may receive \$1,444.20 per month and if the couple is both blind, they may receive \$1,591.20 per month. Please contact Social Security for information at 1-800-772-1213 or www.socialsecurity.gov. For CAPI information call 1-800-648-0954.

State Budget Concerns and Advocacy

As the state of California continues to navigate through budget crises, seniors may face increased challenges. For updates on state budget issues or to share your questions and concerns, contact your local legislators. For updates on advocacy efforts, contact Senior Services Coalition of Alameda County at 510-577-3544 or visit the website <http://seniorservicescoalition.org>, or contact Disability Rights Advocates at 510-665-8644.

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