

SENIOR UPDATE

Issue

50

Apr-May-Jun
2024

THE EYES AND EARS OF ALAMEDA COUNTY SENIORS

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National Senior Health & Fitness Day is May 29th.

Devoted to improving health outcomes with physical activity. Includes listing of local organizations offering classes and events to celebrate Senior Fitness Day.

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About Senior Update

The Senior Update is a newsletter which provides information, education and support to Alameda County adults aged 50 and over. The Senior Update is published quarterly by the Alameda County Advisory Commission on Aging

(ACA) in collaboration with the Area Agency on Aging (AAA), and The County of Alameda Social Services Agency, Department of Adult & Aging Services. .

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1-800-510-2020

The Advisory Commission on Aging

A Message from ACA Chair Laura McMichael-Cady

The Advisory Commission on Aging for the Area Agency on Aging is proud to be publishing our 50th issue of Senior Update. We have been presenting our quarterly newsletter with information, advice, and resources for Alameda County seniors for 12 years now!



This is an important time for seniors in Alameda County. The Area Agency on Aging is working to complete the four year County Wide Area Plan. This determines the priorities that will be set in terms of funding for programs from 2024-2028.

Please join us for the public hearing in April (information about where and when and how to get the Zoom link is on the last page of this newsletter). Also, check out information about health and fitness, some excellent resources, and changes to MediCare in this issue.

We Need Your Voice - Join The Advisory Commission on Aging!

The County of Alameda Advisory Commission on Aging (ACA) is a federally mandated advisory council. Our mission is to promote the dignity, independence and quality of life of older persons and the disabled through programs, services, advocacy and information.

Qualifications:

Per the Older Americans Act, membership in ACA shall be composed of: (a) a majority of persons 60 years or older; (b) service providers; (c) members who reflect the geographic, racial, economic, and social complexion of the area they represent; and (d) at least one member who represents the interests of the disabled.

Term (Seats) Four (4) years; maximum of two (2) terms.

Maximum Number of Members: 21

Meeting Dates/Time:

Scheduled for the 2nd Monday of each month from 9:15-11:45 a.m.

How to Apply:

Log onto <https://www.acgov.org/bnc/#/vacant-seats>, then click "Apply For a Seat on This Board" to complete application. We strongly suggest you follow up with an email to Ms. Stephens-Pierre (see below) to help us track your paperwork.

To learn more information about meetings, agenda items, etc., please contact Jennifer Stephens-Pierre, Director, Area Agency on Aging, 510-577-1966 or email jspierre@acgov.org.

Healthy Living

National Senior Health & Fitness Day is May 29th

It is a day dedicated to the betterment of the health of seniors. The common goal is to help older Americans stay fit and healthy for years to come.

You're Never Too Old: Keep Active as You Age

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression.



Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs, and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls—a major health risk for older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

“Even if you haven’t been active previously, it’s important to get started and stay active,” says Dr. Richard J. Hodes, director of NIH’s National Institute on Aging.

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Healthy Living

Senior Health & Fitness Day (continued)

"We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do."

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise, and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a national exercise and physical activity campaign for people ages 50 and older. It's called **Go4Life**.

"Older adults can exercise safely, even those who have physical limitations," Hodes says. "Go4Life is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions."

Go4Life exercises are designed to be done safely at home without special equipment or clothing. The free book *Exercise & Physical Activity: Your Everyday Guide* from the National Institute on Aging is the core resource for the campaign. Other free materials, such as tip sheets, are also available. *Workout to Go*, a mini exercise guide, shows you how you can be active anytime, anywhere.

Numerous organizations around the country organize events to spread the word about the importance of exercise and the various ways of doing it. There are also local events held in Alameda and surrounding counties, organized at neighborhood parks, gyms, and other similar places.

To learn more, visit the Go4Life website at go4life.nia.nih.gov. You'll find exercises, success stories, and tips to help you stay motivated. Or call 1-800-222-2225, or e-mail niaic@nia.nih.gov. Local organizations have fun exercise options for you on Senior Health & Fitness Day as well as the rest of the year.



Albany Senior Center is offering a wonderful exercise class called "Gentle Tai Chi", an in-person exercise class for seniors 50 + and care takers. This class includes gentle movements and thorough instructions to help start the day right! This class is offered three days a week. Call (510)524-9122 for more information or visit www.albanyca.org/recreation/activity-guide

Senior Fitness Day



North Oakland Senior Center offers a variety of weekly classes and activities (most included with \$12/yr membership), including strength and stability training, ping pong, pickleball, Zumba and Brain Fit Cardio. Call (510) 597-5085 or email NOSC@oaklandca.gov for more information.



CityServe of the Tri-Valley is thrilled to offer “Fresh Bites”, an in-person healthy eating cooking demonstration focusing on Mediterranean cuisine. This will be held at our Pleasanton office. We are also offering a virtual Wellness Wednesday Workshop focusing on ways to reduce drug and alcohol usage amongst older adults. To learn more about our programs offered and to register for these classes call (925) 222-2273 or email seniors@cityservecares.org



J-Sei, Inc. An eclectic mix of classes and activities are presented both in person and online. Enjoy Tai Chi for Arthritis, Let’s Groove, Strength & Balance, and Gentle Yoga as well as community ukelele, group singing, Mah Jong, and Kimekomi doll making. For more information email jill@j-sei.org or log onto <https://j-sei.org/classes/>.



DayBreak Adult Care offers an exciting program called “Get Your Zoom On,” an online exercise class for elders and family caregivers. This virtual fitness class aims to promote health and well-being in a fun and engaging way. It is offered three days a week. Call (510) 834-8314 for more information or log onto www.daybreakac.org.

Benefits of Exercise

Exercise and physical activity can help you:

- Maintain and improve your physical strength and fitness.
- Improve your ability to do everyday things.
- Improve your balance.
- Manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Reduce feelings of depression and may improve mood and overall well-being
- Improve your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.



Healthy Living

Building an Equitable California for ALL Ages and Abilities

Master Plan for Aging: Five Bold Goals for 2030

Since its launch in January 2021, the Newsom Administration and the Legislature have committed billions of dollars in unprecedented investments to advance equity and priorities outlined in the state's Master Plan for Aging (MPA) for 2030. More than 50 MPA initiatives have been adopted to strengthen existing programs while simultaneously launching new services for targeted populations. Today, older Californians, people with disabilities, and caregivers have expanded access to health care, more housing opportunities, greater home and community-based care options, and a host of new supports to enhance community living. Here is a summary of the five top goals of California's Master Plan on aging.



Housing for All Stages

GOAL ONE: Housing for All Stages & Ages.

California communities are expanding age-friendly housing options as part of the overall historic investments

in affordable housing production, mortgage and rent relief, and accessible transportation. Older adults will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready. California is also among the first states designated as an AARP Age-Friendly State.



Health Reimagined

GOAL TWO: Health Reimagined

California is establishing the foundation of a true home and community-based care system, which is a top priority of older adults, people with disabilities, and caregivers. The key areas of focus

are (1) Enhanced home and community-based services; (2) expanded health care access; (3) Bold Alzheimer treatments; (4) Focus on nursing home quality; and (5) data driven planning for future needs. We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.

Master Plan For Aging



Inclusion & Equity

GOAL THREE: Inclusion & Equity - Not Isolation.

A new public information and navigation system is being built to help older adults, people with disabilities,

and family caregivers stay connected and protected in communities, with new investments in a statewide web portal for 24/7 access to community resources with improved language access and telephone support. We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.



Caregiving That Works

GOAL FOUR: Caregiving That Works

California is prioritizing support for the direct care workforce, such as home care aides, IHSS providers, and community health workers/promoters,

as well as health professionals including mental and behavioral health clinicians, social workers, nurses, primary care doctors, and geriatricians. Support for unpaid family caregivers, who continue to provide the vast majority of long-term care, is also prioritized. We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.



Affordable Aging

GOAL FIVE: Affording Aging

Unprecedented progress was made to repair the safety net and to address homelessness for older adults and people with disabilities living well

below the Federal Poverty Limit. Focus will be on: (1) developing homelessness initiatives; (2) cash assistance in the form of SSI/SSP restoration; (3) addressing hunger with Cal-Fresh initiatives; and (4) addressing the affordability gap in those who do not qualify for Medi-Cal but need assistance affording care. We will have economic security for as long as we live.

Read the full Master Plan on Aging report at <https://mpa.aging.ca.gov/>

Healthy Living

The Power of Produce in a Healthy Senior Diet

Fruit and vegetable intake is associated with reduced risk of several chronic and other noncommunicable diseases. Research tends to focus on the health benefits of antioxidants, flavonoids, and polyphenols in fruits and vegetables; however, increasing fruit and vegetable intake also may alter overall diet profile by displacing less healthful foods, therefore improving total macronutrient, micronutrient, and fiber content in the diet. For example, an analysis that pulled data from four intervention studies involving participants with various health conditions, as well as healthy older adults, found that when fruit and vegetable intake increases, so does fiber, vitamin C, and beta-carotene, while total fat, saturated fat, and starch intakes decrease.



Role of Produce in Healthy Aging

Researchers discovered a significant association between higher consumption of fruits and vegetables and healthier bones in the late 1960s, prompting recommendations to eat a **diet rich in fruits, vegetables, and vegetable-based protein to help reduce bone loss**. Since then, several population-based studies also have found associations between fruit and vegetable intake and bone health.



Senior Food Insecurity

CalFresh Expansion is the largest nutrition assistance food program in California that provides an essential hunger safety net for low-income qualified seniors that are at least 60 years old, regardless of whether they receive SSI or SSP benefits. It may help you buy nutritious food for a better diet and better overall health.

Log onto <http://GetCalFresh.org> or call 1-888-999-4772 to apply



Diets rich in vegetables and fruits contribute to a favorable ratio of sodium to potassium, which may reduce urinary calcium loss. They also contain magnesium, calcium, and vitamins A, C, E, and K, all of which have benefits for bone health. In addition, increased polyphenol and fiber intake may decrease the age-related chronic inflammation that can exacerbate bone loss.

A 2015 New Zealand study randomized 50 healthy postmenopausal women to eat at least nine servings of different combinations of vegetables, herbs, and fruits for three months. This included

six servings of vegetables—with at least two servings of leafy greens—and one serving of culinary herbs. One group emphasized specific vegetables, herbs, and fruits with

The Power of Produce

properties that inhibit bone resorption (breakdown and absorption), including citrus, prunes, lettuce, broccoli, tomatoes, cucumbers, green beans, onions, garlic, parsley, sage, rosemary, and thyme. This group experienced improvements in markers of bone health.

Looking at cognitive health, a 2017 systematic review and meta-analysis of six prospective cohort studies involving a total of 21,175 participants found that intake of fruits and vegetables was inversely associated with the occurrence of cognitive disorder, **including Alzheimer's disease, dementia, and cognitive decline/impairment**. Compared with the lowest level of consumption, the risk was 26% lower at the highest level of fruit and vegetable consumption.

The authors said this was likely due to antioxidants in fruits and vegetables, such as vitamin C, vitamin E, flavonoids, and carotenoids, along with phytoestrogens and polyphenols. The MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay), which singles out green leafy vegetables and berries, has been shown to reduce age-related cognitive decline.

Easy Ways to Add More Produce to Your Diet

Here are five tips for boosting your produce intake:

1. If you are not a fan of vegetables, hide them in sweet-tasting smoothies, using dates or bananas in combination with one to two vegetables each day.
2. Bumping up the vegetables in existing dishes is a way for seniors to “sneak” in more vegetables. “Beef up” homemade or jarred spaghetti sauce with grated carrots, zucchini, butternut or yellow squash. You may be able to find pre-cut or pre-grated in stores.
3. Add a big handful of baby spinach or arugula to a bowl with grains, or on top of your bowl of soup. And eat a salad every day. If you don't want to make a salad, buy it. You can buy almost everything already prepared.
4. Do weekly food prep. Chop up salad vegetables for Mason jar salads, as well as onions, peppers, and celery; prepare a soup, chili, or stew with several vegetables. Try roasting a large pan of vegetables to use in several meals each week.
5. If food waste is a concern, stock the freezer with frozen vegetables vs buying fresh. Frozen vegetables are about as economical as they come. They can be stored for months if you catch a sale. Frozen veggies can be steamed in the microwave or on the stovetop, tossed in a soup or stew, or added to pasta and stir-fries.



Source: *The Power of Produce* by Carrie Dennett, MPH, RDN, CD; *Today's Dietitian* July 2019 (Vol. 21, No. 7, P. 16)

Legislative Updates

Positive Changes to Medicare and Medi-Cal – An Update from the Health Insurance Counseling and Advocacy Program of Alameda County, with Legal Assistance for Seniors

By Jenny Pardini, Community Education Coordinator - Legal Assistance for Seniors

Special Enrollment Periods (SEPs) for Enrolling in Medicare Parts A and B

Since January 1, 2023, individuals who are eligible for Medicare can enroll (or re-enroll) in Medicare Part A and Part B due to the circumstances described below:

- You missed an enrollment opportunity because you live in an area where the Federal, state, or local government declared an emergency. Your SEP ends six months after the end date in the emergency declaration.
- You lose Medi-Cal eligibility on or after January 1, 2023. Your SEP ends six months after your Medi-Cal coverage ends.
- Your employer, employer health insurance plan, or someone acting on behalf of your employer gave you incorrect information that caused you to delay Medicare enrollment. Your SEP ends six months after you notify Social Security of the misinformation, as long as you received the misinformation on or after 1/1/2023.
- You are released from incarceration on or after January 1, 2023. Your SEP begins the day you are released from incarceration and ends the last day of the twelfth month after you are released.
- Social Security decides that you have experienced an exceptional circumstance. You can request to enroll through this SEP if you missed other enrollment periods because of situations you could not control. Your SEP depends on the circumstances.

Medicare Part D and the Low-Income Subsidy

The Inflation Reduction Act reduced the cost of insulin in 2023. The cost of a one-month supply of each Part D-covered insulin is now capped at \$35, and you don't have to pay a deductible. If you get a 60- or 90-day supply of insulin, your costs can't be more than \$35 per month for each covered insulin product.

In 2024, once your out-of-pocket spending for covered Part D medications through your plan reaches \$8,000 (including certain payments made by other people or entities on your behalf), you'll automatically get "catastrophic coverage." This means you'll pay nothing for your covered Part D drugs for the rest of the calendar year.

"Extra Help" is a Medicare program to help people with limited income and resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Monthly income must be below \$1,903 for an individual (\$2,576 for a couple). Resources—which include stocks, bonds, and money in a checking, savings, or retirement account—must be below \$17,220 for an individual (\$34,360 for a couple). Under the "Extra Help" plan premiums and deductibles will be eliminated, and drug co-pays will be \$4.50-\$11.20. To enroll in "Extra Help" you can call the

Changes to Medicare

county's free Medicare Counseling Program, HICAP, and speak with a Medicare Counselor or go to the Social Security website: <https://ssa.gov>.

Also as of 2024, people with Medicare who have incomes up to 150% of the federal poverty level and resources at or below the limits are eligible for full benefits under the Part D Low-Income Subsidy (LIS) Program. The recent law change eliminated the partial LIS benefit previously in place for individuals with incomes between 135% and 150% of the poverty level. Once your total drug costs (what both you and your plan pay) reach \$8,000, you'll pay \$0 for each covered drug.

Coming in 2025:

- Part D enrollees will have the option of spreading out their out-of-pocket costs over the year rather than face high out-of-pocket costs in any given month.
- Out-of-pocket spending on Part D prescription drugs will be capped at \$2,000 per year.
- The coverage gap phase will be eliminated.
- Drug manufacturers and Medicare Part D plans will pay a larger share of catastrophic coverage costs while Medicare will pay a smaller share.

The Telehealth Extension

Through December 31, 2024, all patients can get telehealth wherever they're located. After December 31, 2024:

- For non-behavioral or mental telehealth, there may be originating site requirements and geographic location restrictions, such as a requirement to reside in a rural area.
- For behavioral or mental telehealth, all patients can continue to get telehealth wherever they're located, with no originating site requirements or geographic location restrictions.

Medi-Cal Asset Limit Removal

If you apply for Medi-Cal in 2024 and beyond, applications will no longer ask for asset information. Monthly income must be below \$1,752 for an individual (\$2,372 for a couple), but Medi-Cal will no longer consider assets (also referred to as resources) when determining eligibility. You can apply in person at a Social Service office or online at <https://benefitscal.com/>.

If you qualify for full Medi-Cal (with no Share of Cost) by meeting the income eligibility requirements, you will automatically receive the Extra Help, regardless of your assets. Medi-Cal also pays the Medicare Part B premium for those with no Share of Cost and for those who meet their Share of Cost in a given month.

The Health Insurance Counseling and Advocacy Program has counselors available to help all Medicare beneficiaries. If you have any questions or problems with your Medicare or related health insurance, call 510-839-0393 to schedule an appointment.

Healthy Living

Commonly Required Health Screenings and Procedures: Some General Guidelines.

For Adults over 65:

Blood pressure check at least annually. You may need to be checked more often, especially if you have heart disease, kidney problems, are overweight, have a first-degree relative with high blood pressure, are Black, or have had borderline or high readings in the past.



Bone density test age 50-70. Discuss with your provider whether you are at risk for osteoporosis. Risk factors can include: low weight, steroid use (for men), smoking, heavy alcohol use, having a fracture after age 50, and a family history of hip fracture or osteoporosis.

Cholesterol screening every 5 years. More often if you have had dietary changes or weight gain or you have a history of high cholesterol, diabetes, heart disease, or kidney problems.

Colorectal cancer screening regularly until age 75. Over 75 talk to your provider about whether you should have an annual stool sample test, possibly with a flexible sigmoidoscopy every 5-10 years, CT colonography every 5 years, or colonoscopy every 10 years. You may need more frequent testing if you have ulcerative colitis, a history of colorectal cancer, or adenomatous polyps.

Dental exam annually or more frequently.

Diabetes screening every 3 years. Possibly more often if you have a relative with diabetes, are overweight, have high blood pressure or heart disease, or are prediabetic.

Eye exam every 1-2 years. Possibly more often if you have vision problems or glaucoma risk. Make sure your exam includes your retinas if you are diabetic.

Hearing test if you have symptoms of hearing loss.

Immunizations: Flu shot annually. Pneumococcal vaccine (check on the new vaccine if it has been several years). Tetanus-diphtheria and acellular pertussis (Tdap) every 10 years. Shingles (over age 50), hepatitis B, RSV, and Covid vaccines are highly recommended by the CDC.

Infectious disease screening for hepatitis C and HIV at least once in adulthood. Possibly more often depending on lifestyle and medical history.

Lung cancer screening annually if you are 50-80 years old, have a 20+pack/year smoking history, and currently smoke or have quit in the last 15 years.

Health Screenings

Physical exam on a regular basis to screen for disease, update vaccines, screen for depression and anxiety, and assess diet and exercise and fall risk, safety issues, and alcohol and drug use

Skin cancer exam annually, especially if you have had skin cancer before, have relatives with skin cancer, or have a weakened immune system

For Women over 65:

Cervical cancer screening. It is widely agreed that over age 65, women who have not been diagnosed with cervical cancer or precancer can stop having screenings as long as they: have had 3 consecutive negative Pap tests or 2 consecutive negative Pap and HPV tests within 10 years, and the most recent test occurred within 5 years.

Mammogram every 1-2 years, depending on risk factors, up to age 75. Experts do not agree on the efficacy of breast self-exams, clinical exams, or mammograms after age 75.



For Men over 65:

Abdominal aortic aneurysm screening at least once if you are 64-75 and have smoked.

Prostate cancer screening: Ages 55-69, ask your provider about the pros and cons of a PSA test. 70 or older, most recommendations are against screening. Testicular self exams are no longer recommended.



Always consult with your healthcare provider for recommendations specific to you. Sources: [uspreventiveservicetaskforce.org](https://www.uspreventiveservicetaskforce.org), medlineplus.gov, and [cdc.gov](https://www.cdc.gov).

Supporting Seniors: An Overview of Institute on Aging's Alameda County Programs

By Rowena Fontanos, Director of Community Programs & Development

Institute on Aging (IOA) has a rich history dating back to its inception in 1985, dedicated to empowering older adults to gracefully age in place while upholding their health, well-being, independence, and active engagement within their communities. Rooted in San Francisco, our reach has since expanded across multiple regions in California, including Alameda County.

When IOA and LIFE ElderCare embarked on discussions about partnership, our mutual commitment from the outset was to honor and preserve the remarkable legacy established by LIFE ElderCare in Alameda County. Following months of collaborative dialogue and deep dives into the invaluable programs pioneered by LIFE ElderCare, we forged a shared vision for our organizations to join forces in continuing several of their pivotal initiatives.

In the summer of 2023, we commenced the delivery of Care Management programs, Friendly Visitors, and the Senior Injury Prevention Program (SIPP). Central to IOA's SIPP are three fundamental pillars aimed at preventing falls among older adults:

- Home Visits and Fall Prevention Education
- Minor Home Modifications
- Bingocize – a social activity promoting physical well-being

The Friendly Visitor Program provides weekly companionship to homebound Alameda County seniors. Through in-person visits with volunteers, the program helps reduce social isolation and loneliness, improves mental and physical health, and fosters intergenerational connection and understanding. These rich and rewarding relationships create an opportunity for stories to be heard and friendships to be made.

IOA's dedication to the Alameda County community echoes our commitment to building upon the impactful legacy cultivated by LIFE ElderCare over the years. At IOA, we proudly carry forward the tradition of caring for individuals regardless of their circumstances, and enriching the lives of older adults wherever they may be. Our commitment to creating positive change remains steadfast and unwavering in Alameda County and beyond.

For more information, please contact our IOA Connect team at 415-750-4111, or visit us at ioaging.org.

Helpful Resources

Happy Heart

The Happy Heart campaign is a countywide effort to promote heart health. Eating more fresh foods high in fiber, protein, calcium, potassium, and magnesium and lower in salt, sugar, and unhealthy fats can help prevent high blood pressure and reduce the risk of heart disease and stroke. Most of the excess salt in our diets comes from packaged, processed, store-bought, and restaurant foods. Log onto <https://acphd.org/nutrition-services/happy-heart/> for information on free blood pressure screenings, classes on managing blood pressure, low sodium heart health recipes featuring the tastes of many cultures (offered in several languages).



Healthcare Decisions Day (April 16th)

Advance Care Planning (ACP) is a legal document which supports your decisions regarding the healthcare treatments you would and would not want if you could not speak for yourself. It sets out life-sustaining treatment options and establishes a trusted person as your decision maker (sometimes called "healthcare proxy or agent," "healthcare surrogate," or "durable power of attorney for healthcare") over the age of 18. No attorney required - just two witnesses or a notary public. Your ACP is free to create, never expires, and can be updated as needed.

Explore www.theconversationproject.org for ideas and tools to initiate the conversation and to learn more about the April 16th National Healthcare Decisions Day.

Contact Care Partners for assistance or to request a group training/workshop: Care.Partners@acgov.org



Silver Sneakers

Offers no cost fitness club membership to seniors 65+ through select Medicare plans. Free LIVE online and on-demand video classes designed for seniors allow you to work out from home or anywhere via tablet or Smartphone with the SilverSneakers app (Apple or Android). Check your eligibility by logging onto <https://tools.silversneakers.com/> or by calling 1-877-871-7020 (TTY 711)



Upcoming Meetings

Advisory Commission on Aging

- Monday, April 8, 2024 - 9:15AM
- Monday, May 13, 2024 - 9:15AM
- Monday, June 10, 2024 - 9:15AM

Email aaa@acgov.org for a Zoom link to meetings.

ANNOUNCEMENTS

Calling for Volunteer Medicare Counselors

Are you looking for a meaningful volunteer experience? The Health Insurance Counseling and Advocacy Program (HICAP) may be the right fit for you! HICAP is seeking volunteers to help people with Medicare navigate the complex system of their health care coverage options. Through one-on-one counseling and informal advocacy, HICAP Volunteer Counselors are consumer advocates who assist seniors and persons with disabilities with information, tools, and problem-solving around their Medicare needs.



We welcome all applicants and are particularly interested in those who are fluent in another language, especially Spanish, Cantonese, Mandarin, Korean, Vietnamese, or American Sign Language.

For more information about HICAP, visit our website: www.lashicap.org/programs/hicap/ and view the HICAP Counselor job description here: <https://www.lashicap.org/donate/volunteer/> or call (510) 832-3040 x312 to speak with Jacob Sytsma.

Countywide Area Plan in the Home Stretch

A new plan that guides decisions, investments, and improvements throughout Alameda County for adults 55+ will soon be available for your review.

The [Countywide Area Plan for Older Adults \(CWAP\)](#), produced every four years, reflects as much as possible the community's needs and perspectives. For the 2024-2028 CWAP, seniors and those who care about them have made their voices heard by turning in over 3,900 needs assessment surveys in multiple languages, coming together in public forums in each of the County's five districts, and participating in focus groups.

The public will be able to view the draft plan online and comment at a hearing. [Please check our website for updates.](#)

Art of CWAP: The CWAP effort also brought out Alameda County's talent. Check out singer [Keith Barros' performance](#), which started off the District 3 public forum on the right note.