



From Deanna's Desk

By Deanna Lea
Executive Director

FY 08-09 is here and we are busy finalizing the annual Provider Contract Agreements. There are 35 Agreements that cover 65 programs. Some are now complete and fully executed; others are in the office being processed while staff checks budgets, scopes of service, insurance requirements, etc. Some contract agreements have yet to be submitted.

However, no one is being paid with Federal Older Americans Act funds or State funds as of the beginning of the FY, July 1st. That is a fact; you read the previous sentence correctly. NO Area 4 provider is being paid, no money for food, gas, staff, rent supplies, phones, insurance or anything else that is required to run a program/business. The simple fact is, without a State budget, no Area Agency on Aging in CA receives funding, and thus we have no ability to pay providers. The Older American Act funds are in the CA Department of Aging budget which is a part of the State budget and totally held up by the inability of the Legislature to pass a budget. This is not news, it's a chronic condition, and it threatens to take away services to seniors – transportation, meals, in-home services, caregiver services, legal and the list goes on.

Some providers have been able to plan for this annual lapse in funding and have other resources to draw upon, but others have no alternative but to reduce or stop services altogether. This year is the most difficult for providers to try to maintain services, since the budget impasse could continue for some time.

To play with lives is a very serious matter, and it is very sad to see this happen year after year.

Once the budget is signed, we will receive a check in the mail in two to three weeks, which we will deposit and immediately electronically transmit funds to providers. Let's hope it's soon!

Introducing the 2008 Senior Survey

By Will Tift, Planner

Every four years, Area Agencies on Aging are charged with completing a comprehensive assessment of the needs of people 60 and older. The centerpiece of Area 4's assessment is the Senior Survey. In fact, we actually conduct seven stand-alone surveys (one in each of our counties), then combine the results for our overall Needs Report. Consequently, the data collected is among the best public, county-level information available on the senior population.

The results of the survey play a key role in determining funding priorities at Area 4. In 2004, help with home modifications ranked among the top needs, and we were able to shift some federal dollars to address that issue. The survey findings also have a great economic value to the larger community. Individuals and organizations routinely contact Area 4 for the latest information on local seniors to support their own planning and grant-writing efforts.

What's New

For 2008, the Senior Survey was revised and reformatted to produce a somewhat cleaner look and a better flow of questions. Also, the respondent is now asked questions about limitations and concerns that apply to his/her spouse or partner. This should help to capture information on men since more women respond to the survey than men. Finally, for the first time the survey will be available online through the Area 4 website (www.a4aa.com). This expands the "reach" of the survey and may add convenience for service providers who offer hands-on survey assistance for multiple elders.

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What's the Same

Aside from the aforementioned changes, the survey is very similar to the 2004 version. Each county will design its own page of supplemental questions. It is still printed in booklet form for easy mailing. There will still be locations where people drop off finished surveys. And, a multi-faceted method for distributing surveys will be applied again.

When Surveys Are Available

The surveys are being "launched" on a staggered schedule as shown. The standard period of time that surveys are available is six weeks, but it can vary by county. Due to their dramatic population growth, the County of Placer financed a private senior study (comparable to our own) which took place last winter. Those results will be used to calculate the overall findings for Area 4.

County	Survey Launch Date
Sierra	August 6
Nevada	September 15
Yolo	October 6
Yuba & Sutter	October 20
Sacramento	January 12 (Tentative)
Placer	Not Applicable



2008 Senior Survey

for people 60 and older in
YOUR County

Purpose:

Your input is very important! This survey is only done once every four years, and your answers help decide which senior programs and services in your community will get funding from our agency or from other sources.

Instructions:

Please answer all the questions as best you can. If you have already done this survey, don't do it again. It takes about **20 minutes** to finish.

This survey is Anonymous. Do not write your name anywhere on this booklet. Nobody will know which survey was yours. If you still feel uncomfortable answering a question, just leave it blank.

Your survey must be received by Deadline to be counted. You can mail your finished survey or drop it off at a place near you (see back page).

Contact Information:

If you have questions or need help, contact . . .

Call if you need a survey in Spanish.

Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

2260 Park Towne Circle, Suite 100 / Sacramento, California 95825 / Phone: (916) 486-1876 / Fax: (916) 486-9454 / Website: www.a4aa.com

How You Can Help

Initial planning work is being done in conjunction with the county Commissions on Aging. Anyone is welcome to join these workgroups. Additional volunteers and community groups are being sought to help with distribution. Select A4AA service providers will be contacted and asked to assist by making surveys available to clients they encounter during the survey period.

Falls Prevention Awareness Week September 21 – 27, 2008

*Nearly 8,000 Deaths and 56,000 Hospitalizations
in 2005. (DHHS, June 23, 2008)*

By Nancy Vasquez, Program Manager

What is Fall Prevention Awareness Week?

The State of California recognizes the importance of fall prevention with the introduction of a legislative resolution promoting Fall Prevention Awareness in California. Senate Concurrent Resolution 77, authored by Senator Alan Lowenthal (D-Long Beach), establishes an annual Fall Prevention Week recognition in the state and urges all state and local agencies to incorporate fall prevention considerations in their planning documents affecting housing, transportation, parks and recreational facilities.

Why is Fall Prevention Important?

According to the Centers for Disease Control and Prevention (CDC), an older adult is treated in a hospital emergency room for a fall every 18 seconds, and every 35 minutes an older adult dies as a result of a fall related injury. In fact, among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma. In California alone, 1.3 million older adults experience an injury due to falling each year.

What is A4AA Doing About Fall Awareness?

In 2006 A4AA developed and tested the *Live Strong & Safe (LS&S)* Falls Prevention Program. LS&S consists of a four-part curriculum that focuses on environmental assessment and home modification/safety, medication management, exercise, and nutrition. During FP Awareness Week 2008, A4AA is coordinating with the Nevada County FP Coalition and will conduct a *Live Strong & Safe* train-the-trainer workshop for health and home care providers. A4AA will provide materials for promoting fall prevention and encourage its contracted service providers in the surrounding

seven counties to implement FP activities in their communities.

To find out more about Fall Prevention and learn what you can do to help reduce the risk of falling, go to www.a4aa.com and visit www.stopfalls.org.

Falls CAN be prevented. Help spread the word!



Live Strong and Safe
Falls Prevention Program

Thank you to A4AA's Grantors!

A \$10,000 grant from the **AT&T Foundation** has supported the creation of a centralized database and its integration into A4AA services and its communications process.



A \$5000 grant from the **Deacon Charitable Foundation** will allow A4AA the Senior Employment Program to provide counseling and referral services to job seekers who are 55-59 years. This grant will pay for additional staff hours in order to expand the program.

Number of Baby Boomers now living in our seven county service area = **570,000**

Number of Baby Boomers in our area who turn 60 years old every day = **71**

Number of places you can go to find out what it means to the local aging network = **1**

Introducing A4AA's study on the aging of the Baby Boomers:

The Dual Challenge:

**Preserving Services for the Oldest Old Today;
Planning for the Elderly Baby Boomers
of Tomorrow**

(Available in November 2008)



Congregate and Home Delivered Meals In Sutter and Yuba Counties

By Jane Stan, Program Manager

On July 3, 2008, the Executive Director of QuEST gave 30 days verbal notice to A4AA that the agency would be unable to continue providing congregare and home delivered meals and Medi-Car transportation services in Yuba and Sutter counties. This action was taken due to financial difficulties resulting from increased gas costs and the lack of a State budget.

A4AA staff convened a Task Force of Yuba and Sutter County representatives to assist A4AA in responding to this emergency. The Task Force consisted of county officials and staff, A4AA Advisory Council members, other agencies and commissions, and concerned citizens.

In an expedited process, A4AA issued an RFP for congregare meals (C1), home delivered meals (C2), and Title III B Transportation services on July 17, 2008 with a due date for proposals two weeks later on July 31, 2008. A technical assistance workshop was also held on July 17 for interested parties. Only one service provider, Mom's Meals came in with a proposal to provide home delivered meals only. No one came in for congregare meals or the Medi-Car program.

On August 8, 2008, the A4AA Governing Board approved Mom's Meals to provide home delivered meals through June 2009. Mom's Meals, based in Iowa, provides fresh, home delivered meals to frail, isolated, homebound seniors by UPS delivery. Ten meals will be delivered every 2 weeks to 122 seniors in Yuba and Sutter counties beginning September 8. Five A4AA staff rode along on the five QuEST home delivered meal routes to determine eligibility for the home delivered meals. Twelve seniors were put on a waiting list.

In order to continue service through the month of August and until Mom's Meals service begins.

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Yuba County, Sutter County and Yuba City made a no-interest loan to A4AA so we could continue to fund QuEST without a State budget. Since then, QuEST has agreed to continue the Medi-Car program. The combined Yuba and Sutter Task Force continues to explore possibilities for a congregate nutrition provider.

A4AA is contracting with Home Health Care Management to conduct assessments for the Mom's Meals participants plus the seniors on the waiting list. All these seniors will be visited during the month of September. Following the initial visit, each participant will receive one more in-home visit and two phone assessments during the contract period.

Staff News: Welcome and Good-bye

Area 4 welcomes **Laura Drake** as the agency's new staff Nutritionist/Dietitian who came on board in April. Laura replaces Lila Shelton who is now working for the State. Laura quickly acclimated herself and hit the ground running.

Laura is a registered dietitian and has most recently worked with Fremont Rideout Health Group as a clinical dietitian and as a degreed Nutritionist for a WIC (Women, Infants, and Children) program at UC Davis. During her dietetic internship, Laura worked with Aramark at San Joaquin General Hospital's kitchen. Laura and her husband have lived in Sacramento and Placer counties for eight years.



Dianne Orcher joined Area 4 in February to give additional assistance to the agency's support staff. Her varied skills as an Administrative Assistant have had a positive impact on the office. She says, "I am happy to join the family at A4AA."

Dianne formerly worked at the Alta California Regional Center in their clinical department for five years until she left to have a baby. Prior to that position, her experience was also in

office administration and marketing.

Dianne's talents are evident in areas outside of work as well. She is a certified massage therapist and a clinical hypnotherapist. Dianne grew up in Sacramento and currently resides here with her husband Kurtis and son Zachary.

Ron Clyma **A4AA Staff Member** **2001-2007**



Ron, a valued member of Area 4's staff, passed away on July 7 of acute leukemia. Ron worked for the agency for six years, retiring in 2007. As Information Specialist, he served as a spokesperson, handled publicity and media, conducted outreach, and more. One of his special interests was caregiving; he had taken full-time care of both his aging parents.

Ron's work within the mental health community was recently recognized when he received the Individual Appreciation Award from the Mental Health Conference Committee.

Ron felt fortunate that he could give back to the community during his time with A4AA; this was especially important to him. We will miss Ron for the caring, intelligent, and talented individual and colleague we knew.



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