

# Information Bulletin

## ON THE CALENDAR

### A4AA Governing Board Meetings

#### October 14

10:00 a.m., Business Meeting  
Sacramento County

#### November 18

10:00 a.m., Business Meeting  
A4AA Conference Room

#### December 9

10:30 a.m., GB/AC Joint Meeting  
Sacramento County

### A4AA Advisory Council Business Meetings

#### October 20

12:00 p.m., Business Meeting  
Sacramento County

#### November 17

12:00 p.m., Business Meeting  
Yolo County

#### December 9

10:30 a.m., GB/AC Joint Meeting  
Sacramento County

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## A4AA Announces RFP Timeline

Title IIIB Supportive Services & Title IIIC-1/IIIC-2 Congregate & Home-Delivered Meals			
PHASE I	Notice of Intent	Issue RFP	Due Date
	December 9	January 4	February 3

Title IIIE Caregiver Services, Title IIID Health Promotions & Medication Management & CBSP Community-Based Services Programs			
PHASE II	Notice of Intent	Issue RFP	Due Date
	February 3	February 22	March 24

Preparation for issuing the Requests For Proposals (RFP) for A4AA contracted services for the fiscal years 2006-2010 are well underway. Due to the large number of RFPs that must be issued, the process will be divided into two phases.

Phase I will cover Titles IIIB Supportive Services and III C-1 and C-2, congregate and home delivered meals. A notice of intent will be posted December 9, with the RFP issued January 4. The due date of Feb. 3 gives potential applicants 30 days in which to respond.

Phase II will cover Titles IIIE Caregiver Services, IIID Health Promotion and Medication Management, and the Community Based Services Programs. The notice of intent will be issued Feb. 3 and the RFP on February 22. The due date is March 24.

Bidders conferences will be held for both Phases to provide an overview of program specifics, the evaluation criteria, and the budget forms. Phase I Bidders Conference is scheduled for January 12, and Phase II will be held March 2. Attendance is highly recommended as past success in the RFP process is not an indication of future success.

## Caregiver Corner

### Caregiver Appreciation Event

Elaine Whitefeather, well-known inspirational speaker and author, will speak at a Caregiver Appreciation event, Tuesday, October 11 at the Unitarian Universalist Society Auditorium, 2425 Sierra Boulevard in Sacramento. Elaine will be speaking from 2:00 to 3:30, with registration beginning at 1:30 p.m. There is no charge for this event. Call 1-800-635-0220 for registration. In-home Respite Care for a loved one is available to eligible Caregivers who pre-register. This event is co-sponsored by A4AA and Del Oro Caregiver Resource Center.

### Fearless Caregiver Conference

This Caregiver Conference, sub-titled, "A Day of Support for Family & Professional Caregivers", will be held Wednesday, November 9<sup>th</sup> from 9:30 to 3:30 at Arden Hills Country Club in Sacramento. Topics for discussion include: Community Resources, Healthcare systems, Financial, Legal and Insurance considerations. For registration and information call 1-800-829-2734. Cost is \$45. A limited number of complimentary tickets are available for this event sponsored by "Today's Caregiver" magazine and Del Oro Caregiver Resource Center.

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## Preparing for Medicare Part D

January 1<sup>st</sup> will mark the beginning of a new era in Medicare when the Part D prescription drug benefit is introduced. Part D is intended to help people with little or no prescription drug coverage. Private companies will be offering a variety of Medicare-approved Prescription Drug Plans (PDPs). It is estimated that up to 50 different plans will be offered in California alone. Each plan will include monthly premiums, an annual deductible and co-pays.

For persons who receive both Medicare and Medi-Cal, enrollment will be automatic. For everyone else, enrollment is optional; however, penalties may apply if qualified people do not select a PDP during the initial enrollment period. Individuals who already have drug coverage through an Employer Plan or through an HMO should not enroll in a PDP.

The new Part D benefit is very complex! All Medicare beneficiaries should learn as much about it as they can before deciding whether to enroll and which plan to select. One's financial standing, current medications and future health condition should all be taken into consideration.

Throughout California, the Health Insurance Counseling and Advocacy Program (HICAP) offers free, unbiased information and assistance to Medicare beneficiaries. HICAP will be conducting several presentations on Part D in the coming months. For dates on a presentation in your area call (916) 376-8915 or toll free (800) 434-0222.



## VETERANS MEMORIAL PLAZA

Area 4 Agency on Aging is one of many sponsors of the planned Veterans Memorial Plaza at Mather Field. Being built opposite the entrance to the new Veterans Administration Medical Center, the Memorial is being entirely funded by community donations as a way of saying thank you to all those who have served our nation. Flags from the six branches of the U.S. Military will fly in the 5,200 square-foot semicircular plaza. A4AA has contributed to the Memorial on behalf of our 7-counties.

A dedication ceremony for the Memorial Plaza will be held Thursday, December 7.

The A4AA plaque will read:

**We Salute You!**  
*from*  
Area 4 Agency on Aging  
Nevada Sutter  
Placer Yolo  
Sierra Yuba  
Sacramento

## A4AA Veggie Van at Stanford Settlement



On the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month, the A4AA InfoVan transforms into the A4AA Veggie Van and with fresh vegetables and fruit on board, heads out to the Stanford Settlement Senior Center. A produce table is then set up in front of the Senior Center.

Lila Shelton, A4AA Nutritionist, purchases produce commercially which is resold as individual pieces at wholesale cost or less. Seniors who come to the Center to visit, watch TV, socialize or attend the lunch program have the opportunity to purchase produce at prices that range from five cents per item to \$1. Seniors from the local area are also welcome to purchase items even if they do not attend any activities at the Center.

Selection options change each week depending upon what is fresh in the market. So far the following items have been offered for sale: potatoes, onions, zucchini, mushrooms, cilantro, green peppers, limes, carrots, grapes, plums, apricots, peaches, celery, cantaloupe, oranges, bananas, egg plant, chilies, green beans, tomatoes, corn on the cob and cherries.



Lila initiated the Veggie Van as a pilot program this past July. The program will continue through October, and with sufficient funding the Veggie Van will return May of 2006 and again run through October.

**Funding for purchasing Veggie Van produce was received from Whole Foods Market's Annual Community Support Day.**

## What Is White, Has 4 Wheels, And Provides Information To Seniors?



Did you know that Area 4 owns a mobile library of information for older adults? Actually it is nothing new -- AKA the InfoVan! There is no library card involved, no books to return, and loud talking is allowed! And what is even better is that the InfoVan carries resource materials and literature specifically for seniors, their families, and caregivers.

Whether it is a metropolitan area, the suburbs, or rural northern California, Lori Howton, A4AA's InfoVan Outreach Specialist, takes the InfoVan to all points north, south, east, and west in our seven-county region. Different venues that are visited by our traveling library are senior nutrition sites at senior and community centers, senior independent and assisted living apartment complexes, health fairs, senior fairs, educational workshops and seminars, and local, county, and statewide events that are held in northern California.

*"These events are well attended and the people are eager for information."*

This past spring, the InfoVan was displayed on the Capitol grounds for the Senior Rally, the recent America's Walk for Diabetes, and the upcoming Alzheimer's Memory Walk. Lori says, "These events are well attended and the people are eager for information." Lori further states that it is not just the large venues that interest her, but also those that are in the underserved and rural regions in our counties. Sometimes simply positioning the van at a post office or a grocery store is the most effective way to reach people in the lesser populated areas. Area 4's targeted outreach also makes a point of extending its information to seniors of different ethnicities and cultures such as information specific to African

Americans, Asians, South Pacific Islanders, and Russian-speaking individuals.

A4AA is one of several area agencies with an InfoVan to be a sub-recipient of \$7,500 from a grant to the California Association of Area Agencies on Aging. This grant will fund additional hours in order to expand outreach services to inform seniors about the *Rx Help for Californians* program. *RX Help for Californians* is a new service to help persons find discount prescriptions. It is essentially a clearinghouse for drug assistance programs which will help individuals sort through the hundreds of free and reduced-price drug programs with a single phone call or website visit. The program is a collaboration of more than 60 health groups including the California Medical Association, California Pharmacist Association, and California Hospitals Association. Grant funds come from PhRMA, the Pharmaceutical Research and Manufacturers of America.

The InfoVan is an important outreach tool, and Area 4 wants to make the most effective and widespread use of its mobile library. E-mail Lori Howton at [lhowton@a4aa.com](mailto:lhowton@a4aa.com) or call (916) 486-1876 with any suggestions for events or locations in your community that are suitable for senior outreach. Lori also makes a special request for more vendor brochures from service providers for display and distribution. If each of our providers can mail 50 or more of their brochures or drop them off at Area 4's office, Attn: Lori, 2260 Park Towne Circle, Suite 100, Sacramento, CA 95825, she will put them to good use.

## The 25<sup>th</sup> Annual Mental Health Conference

Area 4 Agency on Aging has long been an enthusiastic supporter of mental health services throughout our 7-county coverage area. Not only were we the first Area Agency in the nation to fund mental health outreach programs with Older American Act funds, for many years we were the *only* Agency to do so. Last year the Agency was honored with an award recognizing our long supportive history in the Mental Health field.

As part of our commitment to addressing mental health issues of older individuals, A4AA co-partners with other agencies on the Older Adult Committee of the Mental Health Board of Sacramento County to stage an annual conference for professionals in the mental health field.

This year's "Silver Anniversary" conference, slated for October 6<sup>th</sup>, 8:00-2:00, at the Elk's Lodge, 6466 Riverside Boulevard in Sacramento, will celebrate the conference's 25<sup>th</sup> year. Titled *Extraordinary Aging: The Journey Never Ends*, it will feature motivational and informational speakers of national renown.

*Dr. Fernando Torres-Gil, Acting Dean, UCLA School of Public Affairs*, will speak on "*The New Aging: Politics, Policy and Longevity*". *Margaret Walhagen, Associate Director, John Hartford Center of Geriatric Nursing Excellence*, will discuss "*Successful Aging: What Does It Mean and Why Should We Care*". *Kelly Ferrin, Gerontologist*, motivational speaker, newspaper columnist & author of "*What's Age Got To Do With It*" will share "*Secrets of Extraordinary Aging*".

For Registration information, call Del Oro Caregiver Resource Center at (916) 971-0893. Fees are: \$60.00 (paid before September 22) \$70.00 at the door, and \$40.00 for retired seniors and full-time students.



## Assistance for Homeowners & Renters

The filing period for the Homeowner and Renter Assistance programs runs through Oct. 15. The Homeowners credit allows a once-a-year payment from the State of California to qualified individuals based on the property taxes assessed and paid on their homes. For the 2005 claim year, the maximum amount of assistance that an eligible homeowner may receive is \$472.60. To qualify, individuals must be at least age 62 or blind or disabled as of Dec. 31, 2004, and have a maximum total household income of \$39,699 or less. Claimants must have lived in the home as of Dec. 31, 2004 and be a U.S. citizen, designated alien or qualified alien when the claim is filed. Only one homeowner from each household is entitled to the assistance each year.

The Renter Assistance Program allows a once-a-year payment to qualified individuals based on the property taxes that they paid indirectly when they paid their rent. The maximum amount of assistance a claimant may receive is \$347.50. Applicants must be 62, or blind or disabled as of Dec. 31, 2004 and pay at least \$50 in monthly rent. They must live in a qualified rented residence and be a U.S. citizen, designated alien or qualified alien when the claim is filed and earn no more than \$39,699 for the year. Married couples are considered to be one renter and can file only one claim, but each unmarried qualified renter can file his/her own claim.

Apply through the State Franchise Tax Board by downloading claim forms from [www.ftb.ca.gov](http://www.ftb.ca.gov). Forms can also be ordered by phone: (800) 868-4171.



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**Executive Director** ..... Deanna Lea  
**Governing Board Chair**..... Lynn Davis  
**Advisory Council Chair**..... Jacque Brown

The *Information Bulletin* is now available for reading or printing on the A4AA website! Simply go to the main page ([www.a4aa.com](http://www.a4aa.com)), click on "Newsletter" in the left hand column, and select the issue you want to see. New issues are posted on the website as soon as they are available, and recent past issues are available as well.

## Area 4 Agency on Aging Advisory Council Elects FY 2005-2006 Officers

Advisory Council officers for the current fiscal year were installed at the June meeting. The officers are: Chair: Jacque Brown of Nevada County, Vice Chair: Mary Lou Byer of Sutter County; Secretary: Paula Aguilar-Ramos of Yuba County; and Treasurer: Raymond Cardwell of Yolo County.

<b>Information Bulletin Staff</b>	
<b>Articles</b>	
Lila Shelton .....	<i>Nutritionist</i>
Lori Howton .....	<i>InfoVan Outreach Specialist</i>
Will Tift.....	<i>Planner</i>
Ron Clyma .....	<i>Information Specialist</i>
Anne Israel-Connolly .....	<i>Program Specialist</i>
Carl Lewis .....	<i>Director of Financial Management</i>
Pat McVicar .....	<i>Assistant Director</i>
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Deanna Lea.....	<i>Executive Director</i>
Pat McVicar .....	<i>Assistant Director</i>
<b>Layout and Pagination</b>	
Ruth Ann Darriella .....	<i>Secretary</i>



## Area 4 Thanks U.S. Bank



**Pictured left to right: Deborah Dinelli, U.S. Bank Vice President, Real Estate Industry Deposit Services; Deanna Lea, A4AA Director; and Carl Lewis, A4AA Director of Financial Management.**

Area 4 received a \$5,000 grant which was awarded to help with the cost of upgrading our out-dated fund accounting system. The new system is more efficient, user friendly, and will facilitate electronic payments to our local providers who serve and deliver meals, and provide caregiver services, legal assistance, information and assistance, transportation, elder abuse prevention and other services. It also has a Fixed Asset component to track all assets and depreciation now required for local governments by the Governmental Accounting Standards Board.

We are very grateful to Ms. Deborah Dinelli, our local bank representative, for her support and assistance. She provides valuable guidance on many issues such as on-line banking and electronic direct payments. Through the U.S. Bancorp Foundation, local organizations are able to receive grants addressing community needs. For more information, visit their website at: [www.usbank.com](http://www.usbank.com).