

Summer 2006

## ON THE CALENDAR

### A4AA Governing Board Meetings

July 14  
CANCELLED

August 11  
10:00 a.m., Business Meeting A4AA  
Conference Room

September 8  
10:00 a.m., Business Meeting  
Sierra County

October 13  
10:00 a.m., Business Meeting  
Sacramento County  
A4AA Conference Room

November 17  
10:00 p.m., Business Meeting  
Sacramento County  
A4AA Conference Room

December 8  
10:30 a.m., GB/AC Joint Meeting  
Sacramento County  
United Way



**Deanna Lea**  
A4AA  
Executive Director

The State budget agreement means a smooth transition from FY 05-06 to FY 06-07 with funding available for service providers. This is a huge accomplishment for those at the State Capitol and a great relief for those of us whose funds are contained in the State budget (whether Federal or State funds). While we are thankful for many things, we are disappointed in others. We appreciate that no elderly program was reduced. At the same time, we would hope to receive increases for inflation every year. In the best case scenario we would hope to see budget increases that keep pace with the increasing senior needs.

As we step into the new fiscal year, one of the critical issues we all face is being prepared for disasters and emergencies. Most often the greatest impact is on older individuals, those with disabilities, income and/or language barriers. We must work together to insure little or no interruption in services or funding to providers in the event of a disaster.

## **CALIFORNIA SENIOR LEGISLATURE**

At its April meeting in Sutter County, the Advisory Council elected four Senior Assembly Members and two Senior Senators to represent senior concerns in the California Senior Legislature. CSL has a long and valued history of support for senior issues in this state, and has played an important part in advocating for seniors on a variety of topics vital to their lives and well-being.

The new CSL representatives are:

Senior Senators  
Dr. Marion Faustman  
Bill Young

Senior Assembly Members  
Frances W. Greenwood  
Don Mabon  
Judith Stout  
Lola Young

Congratulations to all of the new CSL members on their election. We look forward to productive and interesting legislative years during your tenure!

## IN THIS ISSUE

Final Decisions Made for 2006-2010 Service Contracts .....	2
Stop the Tumbles!.....	3
Driver Program Adds Staff, Flexibility.....	4
A4AA Senior Employment Program .....	4
Legislative Update.....	5
Helping Seniors Beat The Summer Heat.....	6
2000+ Years of Experience In One Room .....	7
Save the Date!.....	7
New Faces at A4AA .....	8

## Final Decisions Made for 2006-2010 Service Contracts

With the Governing Board's approval of one last contract on June 9<sup>th</sup>, the 2006-2010 Request for Proposal (RFP) process officially came to a conclusion. After many months of planning, reviewing and making recommendations on all 80 proposals submitted, the final decisions have been made.

In all, more than \$6 million was awarded to 38 providers of senior services in 67 individual contracts for the 2006-07 fiscal year. The term of each contract is for one year, renewable up to three additional years with funding amounts varying annually. Table A below shows how these funds break down according to county and funding source. The largest portion of this funding (45%) will be used to provide congregate and home-delivered meals. The amount of funding each county receives is based upon several factors, senior population being the most important of these.

TABLE A: FY 2006-07 CONTRACTED SERVICES BY COUNTY AND TITLE

County	III-B Supportive Services	III-C Nutrition Services	III-D Disease Prevention	III-E Caregiver Services	VII Omb.& Abuse	CBSP & HICAP	TOTAL
Nevada	\$152,744	\$173,282	\$0	\$0	--	--	\$326,026
Placer	\$261,566	\$344,295	\$43,302	\$99,959	--	\$95,952	\$759,986
Sacramento	\$667,564	\$1,725,877	\$27,000	\$400,210	--	\$75,009	\$2,904,468
Sierra	\$20,788	\$27,346	\$0	\$0	--	--	\$53,041
Sutter	\$68,896	\$151,629	\$2,080	\$13,830	--	--	\$240,388
Yolo	\$114,042	\$225,978	\$1,279	\$29,537	--	\$75,009	\$374,554
Yuba	\$59,455	\$101,718	\$8,971	\$20,802	--	\$20,943	\$193,573
7-County Contracts	\$0	\$0	\$0	\$109,886	\$373,139	\$743,681	\$1,226,706
<b>TOTAL</b>	<b>\$1,345,055</b>	<b>\$2,750,125</b>	<b>\$82,632</b>	<b>\$674,224</b>	<b>\$373,139</b>	<b>\$1,010,594</b>	<b>\$6,078,742</b>

Title VII provides funding for Ombudsman and Elder Abuse Prevention services. CBSP refers to state-funded Community Based Services and Programs and includes Alzheimer's Day Care Resource Centers, Brown Bag and Linkages care management services. HICAP is the Health Insurance Counseling and Advocacy Program. The 7-County contracts are those in which a provider is awarded dollars to serve the entire area.

Although the number of older adults in the area is growing exponentially, A4AA will receive fewer federal funds this year. The Agency responded by reallocating funds based upon the results of the 2004 Needs Assessment. Most significantly, funding for home modification services, a top unmet need identified in several counties, was increased by 59% overall. As a result, Placer and Sacramento will receive additional funds in this category, and a brand new program will be developed to serve the Yuba/Sutter area. The Senior Information & Assistance category also saw an overall increase of 6.6%, which will positively affect Placer, Sierra and Yuba/Sutter providers. Reductions in contracted services were made in the Supportive Services and Disease Prevention categories.

A4AA is pleased to welcome four new agencies to the network of funded service providers; they are Catholic Charities, Placer Independent Resource Services (PIRS), Galt Concilio, and the Placer County Health and Human Services Department. Catholic Charities will receive \$27,372 to serve very low-income seniors living in single residence occupancy hotels in downtown Sacramento. PIRS will receive \$34,566 to provide minor home modification services in Placer County. Galt Concilio is funded at \$13,376 for rural transportation services. And, Placer County Health and Human Services Department will receive \$25,000 to conduct in-home assessments with a public health nurse in Placer County.

A4AA wishes to thank everyone who was involved in another successful RFP process, particularly the members of the Grants Review Committee, and the Community Review Teams. Congratulations to all the organizations who have been awarded funds! We look forward to supporting your efforts to meet the needs of older adults and caregivers throughout the seven county region.



One of the worst things that can happen to a senior is to take a fall. It can mean the difference between a happy, active life and one spent in pain, in bed, or confined to rehabilitation or a skilled nursing facility. Area 4 Agency on Aging is committed to helping seniors help themselves to avoid falls – and in mid-2005 began to develop a program to do just that.

The result was a program consisting of three workshops which was launched in May, 2006 at the Pioneer Towers independent living community. Overseen by Nancy Vasquez ( Project Coordinator), a team was formed of A4AA staff, a Gerontology intern from CSUS, professional speakers, a Geriatric Pharmacist, a Registered Dietician and a Program Coordinator from Rebuilding Together. Working together they conducted workshops focused on nutrition, exercise and balance, medication management and home modification.

More than 30 seniors participated in the pilot program, learning about the causes of falls, how to use self- assessment tools, and to utilize aids to help them reduce their risk of falling. A six-month follow-up call will gauge the effectiveness of the workshops. Next step: Trainings for our service providers will be scheduled in the Fall.

## **STOP THE TUMBLES!**

**Area 4  
Helps Seniors  
Prevent  
Dangerous Falls**



## Driver Program Adds Staff, Flexibility

Since A4AA adopted the *Road to Driving Wellness* program in the fall of 2004, we have held 9 workshops in 6 counties and have reached 192 seniors. The interactive classroom program focuses on self-assessment of driving skills and features light exercise and a demonstration on how to “fit” properly in your car.

This year two more staff people joined the Driving Wellness team. Anne Israel-Connolly co-presented her first workshop in June. Anne is a long time staff person at A4AA who has recently been trained in the Car Fit program. Amy Springmeyer (formerly Noakes) is relatively new to A4AA and will co-present an upcoming session. Veteran workshop presenters Will Tift and Dave Soto will continue to be involved in the program.

During the new fiscal year (2006-07), A4AA will hold four full workshops – one each in Rancho

Cordova, Rocklin, South Sacramento and Woodland. These standard, three-hour programs will include the following topics:

### DRIVING WELLNESS AGENDA

Welcome and Overview

Introduction:

Changes in Driving and  
in Ourselves

Part I: Driving Wellness for the Mind and Body

Part II: Fitting the Car to the Driver

Part III: Safe Driving Strategies

Part IV: Talking it Over: Planning for the Future

Conclusion: Community Resources



Senior housing complexes, senior organizations and other groups are invited to contact Area 4 to inquire about receiving the full 3-hour or a shorter customized presentation to meet the organization’s particular needs and interests.

For more information, contact Will Tift or Dave Soto at (916) 486-1876 or visit our website at: [www.a4aa.com](http://www.a4aa.com)



## A4AA Senior Employment Program

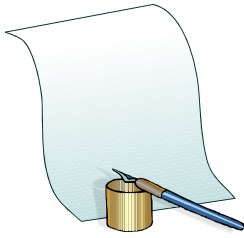
Since its inception in January, 2003, Area 4 Agency on Aging’s Senior Employment Program has blossomed! Enrollment, placement, and contact with prospective employers have all shown steady increases, and this past year in particular has gone beyond expectations. From July, 2005 to June, 2006, 112 seniors entered the new program. The majority of participants attended one of the several Job Search Orientation Workshops, and eight people were counseled one-on-one and given a mini-orientation to aid them in their search for employment.

It is axiomatic that, without employers willing and eager to seek out seniors, placement can be difficult. Therefore, Area 4 stepped up its outreach to this vital component of the program last year with noticeable results. Employers now frequently call and identify seniors as their preferred candidates for available positions.

Outreach and placement in Placer county has increased as well. Clients are now being seen not only at the Maidu Center in Roseville, but at two expanded sites in Auburn – the Golden Sierra One-Stop Center and the Auburn Senior Center, and employers are courted throughout Placer County.

A continuing challenge has been matching enrollees with the many available job listings which require computer skills. Free or low-cost facilities abound and job-seeking seniors, especially those looking for work in office settings are encouraged to avail themselves of these opportunities, so that they can be placed quickly and at higher pay scales.

Salaries, incidentally, for those seniors placed have been impressive. Gone are the days of motivated, prepared seniors being offered minimum-wage positions. Our senior enrollees have been hired at competitive-to-superior salaries, dependant only on their qualifications and motivation.



# LEGISLATIVE UPDATE

The A4AA Advisory Council voted to support nine legislative bills this year. Letters of support were written by A4AA on behalf of the Advisory Council and A4AA. The majority of the bills are also supported by the California Senior Legislature.

The proposed legislation includes areas of concern such as long-term health care facilities, reverse mortgages, creation of a new Department of Adult and Aging Services (combining Department of Rehabilitation and Aging), court-appointed conservators, and in-home supportive services.

A4AA staff has been tracking the following bills on behalf of the Advisory Council:

- **SB 1248** (Alquist) which pertains to resident's rights in long-term care health facilities and states that resident's rights apply regardless of a resident's payment source. This bill passed the Senate and is in the Assembly.
- **SB 1312** (Alquist) is another bill related to inspections in long-term health care facilities and requires that licensing of such facilities be based on California regulations because they are more stringent than federal statutes. This bill passed the Senate and is in the Assembly Committee on Appropriations.
- **SB 1609** (Simitian) provides a lender from requiring the purchase of an annuity as part of a reverse mortgage transaction. It also creates three significant changes pertaining to reverse mortgages for seniors. The changes include 1) mandatory independent counseling 2) requires contract language to be translated into the language in which it was negotiated in 3) prohibit annuities from being offered until the three day grace period for rescinding has expired. This bill passed the Senate and is in the Assembly.
- **AB 1363** (Jones) relates to existing law that provides for the periodic review by the court of a conservatorship not less frequently than biennially and requires a guardian or conservator to present the account of the assets of the estate of the ward or conservatee to the court not less frequently than biennially. It passed the Assembly and is in the Senate.
- **AB 2014** (Berg) Creates a new department named the Department of Adult and Aging Services. It passed the Assembly and is in the Senate Committee on Human Services.
- **AB 2494** (Ridley-Thomas) Allows an IHSS worker to be paid for 6 hours of training per calendar year, including training an in-coming provider by an out-going provider. The bill passed the Assembly and is currently in the Senate Committee on Human Services.
- **AB 3040** (La Malfa) Requires IHSS providers to submit to a fingerprint and criminal background check. The hearing was cancelled at the request of La Malfa.
- **AB 3048** (Dymally) This bill would allow providers to be paid for accompaniment to medical appointments, etc. or to provide services while a consumer is in a hospital or at a medical appointment. The bill passed the Assembly and is currently in the Senate Committee on Appropriations.
- **AB 2486** (Ridley-Thomas) Authorizes the investigation of potential personnel by a non-profit consortium or public authority to include criminal background checks conducted by the Department of Justice or, in certain circumstances, by an Investigative Consumer Reporting Agency, upon the request of the nonprofit consortium or public authority. The bill would prohibit a fee from being charged to a provider, potential personnel, or a recipient. The bill passed the Assembly and is currently in the Senate Committee on Appropriations.

# Helping Seniors Beat the Summer Heat

We've heard it so many times it has almost become a cliché: seniors need extra attention in Sacramento's searing summer heat. But how many of us know what signs should alert us to the serious problems that summer temperatures can bring to seniors in our care?

**Edema** Hands, feet and ankles may swell. Usually harmless and goes away as the individual adjusts to changing temperatures.

**Syncope** Faintness, dizziness. Usually not serious. Less likely once the individual is used to the heat, but be alert to complications.

**Rash** Excess sweating when it is hot and humid irritates thinning skin, which appears red, often with small pimples. Keep dry, and powder, but lotions and creams tend to make the rash worse.

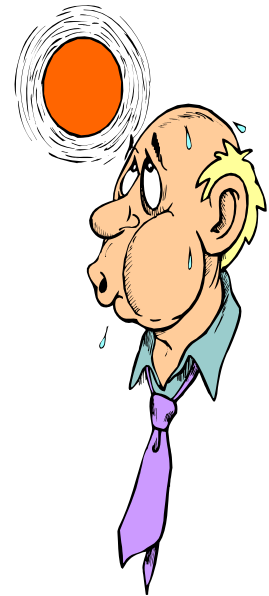
**Cramps** Activity and sweating change the water and salt balance in the body, causing cramping in the abdomen, arms or legs. If the senior has heart problems or is on a low-salt diet, seek medical help. Otherwise, resting in a cool place, drinking liquids, and gently stretching help.

**Exhaustion** Prolonged high heat and insufficient liquids may cause heavy sweating, paleness, cramps, muscle pain, irritableness, fatigue, weakness, dizziness, headache, nausea, fainting and cool, moist skin. Cool the entire body by shower or bath, stay in air conditioned area. If symptoms worsen or last longer than an hour, get medical attention. Those with heart problems or high blood pressure should seek immediate medical help.

**Heat Stroke** The most serious heat illness, which occurs when the body is so overheated that it cannot regulate its temperature. Seniors may have a fever above 103 degrees, but not sweat. Hot, red, dry skin, throbbing headache, dizziness, nausea, confusion, hallucinations, aggression, and ultimately, unconsciousness may occur. Heat Stroke is an emergency. Call 911 and cool the senior's body as rapidly and completely as possible.

None of this information takes the place of forewarning. To avoid heat illness, keep track of the weather forecast so that you know whenever a heat wave is coming. Follow the eight simple steps to beat the heat outlined by the Center for Disease Control listed below, and, of course, know your senior's medical history thoroughly. Seniors should:

- Visit air-conditioned buildings in their community if their home is not air-conditioned.
- Take a cool shower or bath if overheated.
- Drink plenty of water.
- Wear lightweight, light-colored and loose-fitting clothing.
- Avoid strenuous activities during a heat wave.
- Ask their health care provider if any of their medications increase their risk during excessive heat events.
- Watch for the warning symptoms outlined above.





## 2000+ Years of Experience in One Room!

The mood was elegant, festive, and fun at the fourth annual dinner, "An Enchanted Evening of Sharing" celebrating the lives of Centenarians in our community. Balloons, laughter, and friendly give-and-take filled the Lions Gate Garden Pavilion as Seniors 100 – 109 gathered with their friends, loved ones and caregivers for an evening of sharing food, life-stories and tall tales of days lived with zest and remembered with relish. Organized by the non- profit TASEA (Take A Stand Against Elder Abuse), proceeds from the annual dinner, program and silent auction benefit supportive and

protective services for seniors and dependant adults in Sacramento County.

*Area 4 Agency on Aging* was a Community Partner, and helped plan and publicize the event. Monika Diaz from KXTV Channel 10 served as Mistress of Ceremonies, and a highlight of the evening was a lusty gospel rendition of "*There's Going to be a Fire That the Fireman Can't Put Out*" sung by Pastor David Battle, 101. When asked, Pastor Battle said that "the best thing about being 101 is you can have all the Cream of Wheat and cookies you want!"



## SAVE THE DATE!

Saturday, September 9, 2006

American River College (Sacramento, CA) — 8:30 a.m. to 2:30 p.m.

## "SECOND TIME AROUND"

*A Celebration of Grandparents & Kinship Parenting Again*

An exciting and informative event for Grandparents  
and those with children in kinship care.

*Join us for panels, sharing with other caregivers, keynote speakers,  
important topics, a raffle, food, a resource fair ... and much more!*

*Sponsored by:*

*AARP California—Area 4 Agency on Aging  
American River College*

*SETA Head Start & UC Workgroup:  
Aging Californians in Rural and Urban Settings*

**LIMITED CHILDCARE IS AVAILABLE (ages 2-9) - FREE PARKING**

For more information, contact :

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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.

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**NEW FACES AT A4AA**



**Erin Colwell — Employment Specialist**

Erin Colwell was born into a military family. She grew up all over the world, attending high school in Munich, Germany and Bangkok, Thailand. She lived in Seattle for 25 years before moving to Folsom a few years ago to marry her former high school sweetheart. Professionally, Erin has been a staffing and human resource manager. As the Employment Specialist in the Senior Employment Program, Erin provides job search assistance to seniors, age 60 and over, in Placer and Sacramento counties. "What makes our program unique," says Erin, "is our ability to provide whatever level of job search help the client needs: resume writing, preparing effective cover letters, where and how to job search, interviewing techniques, etc." Focused on Placer County, Erin has networked effectively with other organizations

serving seniors in the area. Erin said, "The best part of my job is working with so many interesting and diverse clients. It feels great when I help them find a good job."



**Amy Noakes Springmeyer – Program Manager**

Although not quite the world-traveler Erin has been, Amy does hail from another state. Born in Denton, Texas, Amy moved to Sacramento as a teenager, and comes to our Agency from the Sacramento County Adult and Aging Commission. As Program Manager there, she worked on the publication of two of their recent projects: "A Profile of Older Adults in Sacramento County, 2004" and "Are you Ready to Let Someone Else Do the Driving?", a brochure produced as a collaborative effort with the Department of Motor Vehicles to distribute to seniors who lose their licenses. Amy has also worked for the California Foundation for Independent Living Centers specializing in the use of Assistive Technologies for persons with disabilities.

As a Program Manager at Area 4, Amy is responsible for Senior Nutrition programs in Yolo and Placer counties, the Visiting Nurses, RSVP and Friendly Visitors program in Nevada County, and in Sacramento the Senior Companion Program. Amy also oversees our Date Entry program, and is doing graduate work in Public Policy and Administration at CSU.