

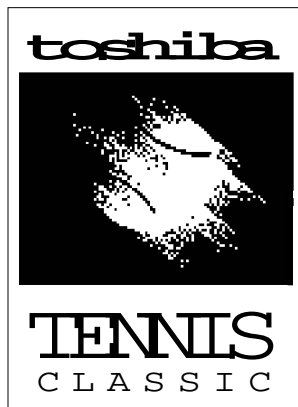
Aging in San Diego

The Area Agency on Aging Monthly Bulletin

Daniel L. Laver, Director

September, 1996

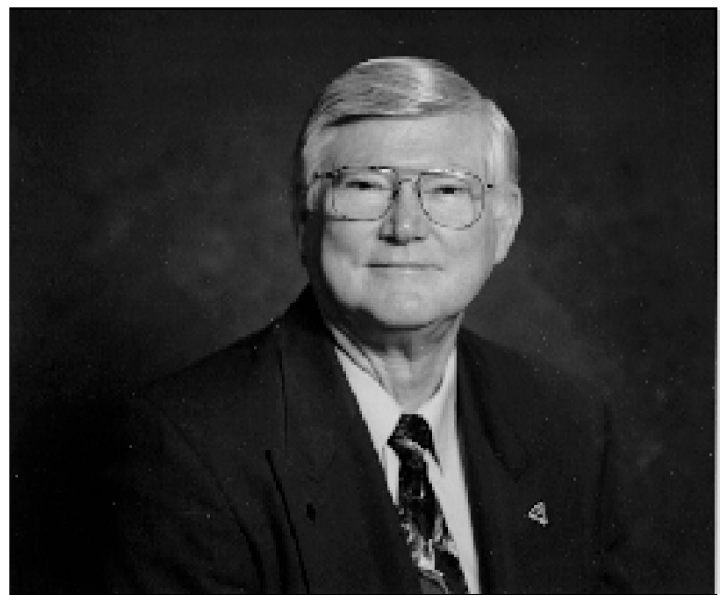
SENIOR DAY



Almost 1500 seniors were treated to a delightful day of tennis on August 20 by the directors of the Toshiba Tennis Classic. Located at the beautiful La Costa Resort and Spa in Carlsbad, sun, fun, and down-to-the-wire tennis matches were the order of the day. From big name stars to rising new talents, the day was filled with fast paced, challenging matches.

The Area Agency on Aging was selected to distribute these free tickets to seniors. The response was overwhelming with all the tickets gone before the deadline. On behalf of those seniors who received the tickets, we wish to thank the directors of the Toshiba Tennis Classic for their generous gift. ♠

Laver Elected



Daniel L. Laver, Director of the San Diego County Area Agency on Aging in San Diego, California, was elected President of the National Association of Area Agencies on Aging (N4A) by the membership in an election conducted by the Board of Directors. Laver has served on the N4A Board for the past four years and was the second Vice President of the Board for 1995-96. Laver successfully ran on a platform of better service to the membership and continued advocacy for the elderly and disabled.

At the closing session of the July 27-31, 1996 Conference in Milwaukee, Wisconsin, Laver stated "I have listened to you, we have shared our views, and I will follow through on your concerns." On the N4A mission on Advocacy, Laver stated, "We can do it, we are doing it, and we will continue to be the national advocate for the elderly and disabled of this nation."

(Continued on next page)



Laver Elected (continued)

The National Association of Area Agencies on Aging is the membership organization of the Directors of the 620 Area Agencies on Aging nationwide and serves as the national advocate for its members in Washington D.C. Laver became a Director of his Agency in 1981 and has served his County in a professional capacity for nearly 38 years.

Laver was born and raised in Alturas, California, the County Seat of Modoc County. In 1948, the family moved to Blythe, California, where Laver completed high school. Laver received an AA Degree in Business from Palo Verde College in 1956 and graduated from San Diego State University in 1958 with a BA Degree in Political Science and a minor in Business Administration.

Laver began his career with the County of San Diego in October of 1958 as a caseworker in the County Welfare Department. In 1967, Laver received a Title XX Stipend and returned to San Diego State University. In 1969, he graduated with honors and received his Masters Degree in Social Work.

Laver returned to the County, worked in Staff Development, District Administration, and was the Chief of General Relief for five years. He became the Social Services Division Chief in 1979 and developed what is now the Adult Services Bureau in the Department of Social Services. In October of 1981, Laver, as Deputy Director, assumed the position of Director of the Area Agency on Aging.

In April of 1983, the County Board of Supervisors established the Area Agency on Aging as a department of the County with Laver as the County Department Head. The Area Agency as a County Department has continued to grow and has been a leader in long term care case management for the elderly and disabled population of the county.

Laver is a member of the California Association of Area Agencies on Aging and served as the Association President from 1985 to 1987. He is currently the Southern Representative on the Association's Policy Committee. Laver has been a member of the National Association of Area Agencies since 1981. In 1988, Laver received the National Association's highest honor, the Distinguished Director Award.

Along the way, Laver married Norma and they have four children, three sons and a daughter. There are now five grandchildren, four granddaughters and one grandson, named after the two grandfathers, Daniel Robert Laver. ♣

Your Phone Your Privacy YOUR CHOICE



Now that Caller ID is in effect, and phone numbers are automatically being given out every time a call is made — unless the option to BLOCK IT has been chosen...

- Are there still concerns about privacy rights?
- Need help selecting the best blocking option?
- Want to change blocking selection? (you can for free)
- Are all your friends and group members aware of their options?

Outreach workers are still available through the Area Agency on Aging. They will be happy to visit your group for presentations and individual consultation. A worker is also available between the hours of 8:30 and 10:30 a.m. Monday through Friday at **495-5349** to take questions from concerned individuals. At other times this is a message phone. Use it for questions and to schedule appointments. Calls will be returned within a day. ♣



SOUTHWEST AIRLINES ©

Home for the Holidays

Southwest Airlines is once again offering its popular Home for the Holidays program. A limited number of **free** round-trip tickets to any city they serve are available. To apply a person must be 65 years of age or over and be living on a fixed income. Tickets are valid between December 2 and January 11, 1997.

Applications are available at your local senior center or by calling Susan Woodburn at **495-5853**. They must be received by the Area Agency on Aging by October 18, 1996 and can be photocopied for distribution. ♣

Ombudsman Fall Class

On Wednesday, September 25, 1996 the Fall training for the Long Term Care Ombudsman volunteers will begin at the Area Agency on Aging. The free six weeks training is sponsored by the San Diego Community College District/College of the Emeriti and covers Ombudsmanship in Long Term Care facilities. Classes meet every Wednesday and Friday afternoon from 12 noon to 3 PM through November 1, 1996.

The successful completion of this 36 hour training course is a prerequisite for application to the Ombudsman Program. Ombudsman volunteers are assigned to Skilled Nursing Facilities and Residential Facilities for the Elderly to be resident advocates. Ombudsmen make regular visits, attend resident and family council meetings, respond to complaints and concerns from residents, family members, staff and witness Durable Powers of Attorney for Health Care.

If you are interested in becoming an Ombudsman, please contact Carol Ferrin at **560-2507** or Toll Free at **1-800-640-4661** for an application or additional information. ♣

Active & Ageless

The developer of a new national resource guide of organizations and clubs whose participants are physically active and over age 50 is looking for groups that may be interested in appearing in this new guide. The listing is free. For more information call Tony Mangle at **(212) 727-1239**. ♣

Pacific Bell Senior Services

Using the telephone doesn't have to be difficult. Pacific Bell's Senior Services will provide you with special telephone equipment or services at no charge, if you have difficulty using a phone. The difficulty can be speaking, hearing, seeing, dialing, or holding a phone or directory. For more information on the equipment and/or services available, call **1-800-772-3140**. ♣

Senior Olympics

A multi-sport festival of Olympic competition for senior athletes 50 and over will be held in San Diego September 21-29. 18 sports will be included — from badminton to volleyball. The registration fee is \$25 and includes a special t-shirt, opening ceremonies dinner, souvenir program, participant packet, and goody bag.

Deadline for entries is September 13. For more information, call **543-9046**. ♣

Honoring



Retired and Senior Volunteer Program

(RSVP) Volunteer Regional Meetings Set for September 1996

All RSVP Volunteers (and Volunteers Coordinators) are invited to come to one of the Fall Regional Meetings. Each meeting will include an update on new volunteer opportunities, a guest speaker, and recognition of some of our special RSVP volunteers.

East County Meeting — Tuesday, September 17, 1996

10 a.m. — Monte Vista Lodge
2211 Massachusetts Ave. Lemon Grove

San Diego Metro Meeting — Wednesday, September 18, 1996

10 a.m. — Veterans Memorial
Balboa Park (near the old Navy Hospital)

South County Meeting — Thursday, September 19, 1996

10 a.m. — Norman Park Center
270 F Street, Chula Vista

North County Meeting — Friday, September 20, 1996

1:00 p.m. — Brengle Senior Center
1400 Vale Terrace Drive, Vista

Please contact RSVP office — **505-6399** to make a reservation for the meeting and to request a map and directions. You may bring a friend to introduce them to RSVP. ♣

PACE, Public Access Cable Television By and For Elders, produces shows which are aired on four local cable stations.

**Southwestern Cable (Channel 16)
Sunday, 5:30 p.m.:**

- Sept. 8: Many Faces of B. J. #3
- Sept. 15: Second Sight, A Psychiatrist's Psychic Journey
- Sept. 22: I'll See You In Court
- Sept. 29: San Diego's Role in Preserving Peace in Bosnia

**Cox Cable (Channel 24 South,
15 North)**

Tuesday, 5:30 p.m.:

- Sept. 10: Many Faces of B. J. #3
- Sept. 17: The Importance of Dealing with World Wide AIDS
- Sept. 24: The Medical Marijuana Movement

**American Cablevision (Channel 4)
Friday, 6:00 p.m.:**

- Sept. 6: Living Rainbows through "AURA" Photography
- Sept. 13: What Your Writing Reveals
- Sept. 20: Martial Arts for Seniors
- Sept. 27: Jazz Library #2

**Daniels Cable (Channel 38)
Tuesday, 4:00 p.m.**

- Sept. 8: Diana's Simply Elegant Heartwise Cuisine
- Sept. 15: Fun Song Festival
- Sept. 22: The Gift in Adversity
- Sept. 29: Voice of the Homeless

If you would like to be part of PACE and learn how to produce shows such as these, call their President, John W. Lloyd (747-2299) or Secretary, Jack Bloom (592-0095) for information.

Your Social Security

by William M. Acosta
District Manager—San Diego

Most people think of Social Security in terms of the benefits they would receive. But, as a social insurance system that pays benefits to everybody who works and pays Social Security taxes, Social Security plays a major role in helping those who may otherwise be unable to help themselves.

The success and popularity of Social Security is based on the fact that it strikes a balance between the complementary goals of individual equity — providing benefit protection which is related to an individual's contributions — and social adequacy — providing advantages to society as a whole by alleviating poverty and allowing as many citizens as possible to enjoy a reasonable standard of living.

Certain features of the program are geared toward meeting broad-based social needs in addition to providing retirees with a specific rate of return. In other words, the social adequacy aspects of the Social Security program look beyond the individual to how Social Security can benefit society as a whole.

Here are some of the ways Social Security benefits society as a whole:

Social Security allows almost 42 percent of the elderly — 10 million people — to live out of poverty.

Social Security relieves younger generations of the burden of providing for the financial needs of older relatives at the same time they are trying to raise their own families.

Last year, Social Security paid about \$41 billion in benefits to about six million disabled workers and family members. A young worker has a one in three chance of becoming disabled before age 65.

Social Security paid about \$67 billion in benefits to more than seven million survivors of deceased workers last year. A young worker faces roughly a one-in-five chance of dying before reaching age 65.

Social Security is designed to provide a measure of financial independence to all workers and their families. It offers society a blanket of protection for now and in the future. ♣

Staff Changes

During the last two months, two unit supervisors have retired from county service after many years at the Area Agency on Aging. Coincidentally, both are moving to San Luis Obispo. Fran Jorgensen retired in July to manage social services at their county hospital. In August, Barri Dymott retired there to build her dream house.

Dan Laver appointed two employees to fill these vacancies. Richard Rachel is taking a lateral transfer to supervise the Information and Assistance program. Rhonna Burrelle is being promoted to a supervisory position as the manager of Planning and Program Development. ♣

Advisory Council Meeting

The next general meeting of the AAA Advisory Council is scheduled for Monday September 9, 1 p.m. at the AAA, 9335 Hazard Way, Kearny Mesa. Meetings are open and the public is invited to attend.

California Senior Legislature

The San Diego CSL delegation generally meets on the 3rd Friday of the month, 1:30 p.m. at the AAA. To confirm the meeting date or to inquire about the agenda, please contact Florence "Lee" Smith, 591-9040.

COMMUNITY

CALENDAR

2nd & 4th Tuesdays, 2:30 to 4:00 p.m.

The Elizabeth Hospice Caregiver Support Group meets at The Health Concern, 1260-B Auto Park Way, Escondido (Target Shopping Center). Facilitator: Larry Silver, LCSW.

Sept. 11, Wednesday 9:30 a.m. to 2:00 p.m.

Grossmont Hospital Foundation and the National Stroke Association is sponsoring stroke screenings at 9000 Wakarusa Street, classrooms 13 & 14, La Mesa. Free, public welcome. Call **1-800-827-4277** for an appointment.

Sept. 11, Wednesday 12:00. to 1 p.m.

William H. Quillin, M. D., will discuss hormones during menopause, "The Good, The Bad and The Ugly" at Sharp Chula Vista Medical Center, 751 Medical Center Court, Classroom Two, Chula Vista. Registration required, call **1-800-827-4277**.

Sept. 18, Wednesday 10 to 11:30 a.m

Pacific Beach Senior Health Center presents: Breakfast with the Doctors, "Osteoporosis." Enter the "bone zone" and learn the facts about osteoporosis. You'll also receive a free osteoporosis screening as a part of this lecture. Call **274-3822** to reserve your space.

Sept. 19, Thursday 10:00 a.m. to 1:00 p.m.

Peninsula Shepherd's Center and Sharp Cabrillo Hospital's Senior Resource Center are hosting an Open House and Senior Health Fair at St. Peter's by the Sea Lutheran Church, 1372 Sunset Cliffs Blvd. in Ocean Beach. Health

screenings, a healthy food demonstration and information about resources available through the local community will be available. Bring your prescription medications for a review by a pharmacist. Lunch may be purchased for \$3.50 from the Ocean Beach Kiwanis, 11:30 a.m. to 12:30 p.m. For information call **223-1640**.

Sept. 19, Thursday 12:30 to 1:30 p.m.

"Cognitive Fitness: Keeping Your Brain Fit" presented by Neurologist Bruce Lasker, M.D. Sharp Senior Resource Centers, 4320 Genesee Ave., Suite 104, San Diego. Free, Registration required, call **1-800-827-4277**.

Sept. 19, Thursday 6:30 to 8:00 p.m.

"Talking to Your Physician About Pain," a free seminar, will be presented at San Diego Hospice, 4311 Third Ave., Hillcrest. Pain and its treatment remain two of the most misunderstood areas in medicine. San Diego Hospice Medical Director Laurel Herbst, M.D., will offer practical and thoughtful advice about doctor/patient relations and ways in which nearly all human pain can be controlled. For information or to reserve space call **688-1500, ext. 472**.

Sept. 24, Tuesday 11:00 a.m to noon.

Sharp Chula Vista Medical Center's Senior Resource Center presents "Stroke Smart Education." Learn the warning signs of stroke and how to manage your risk factors. Sharp Chula Vista Medical Center, Classroom Two, 751 Medical Center Court, Chula Vista. Registration required, call **1-800-827-4277**.

Sept. 25, Wednesday 8:30 a.m to 4:30 p.m.

University Center on Aging, College of Health and Human Services, San Diego State University presents "Mental Health and Aging...In a Climate of Change," at the San Diego Marriott Mission Valley, 8757 Rio San Diego Drive. Corporate sponsor is Charter Behavioral Health System, co-sponsor is San Diego Mental Health Services, Resource, Development and Training.

Registration fee includes lunch, materials and Continuing Education Credit. Conference registration – \$55, regular registration with 6 CEU credit hours – \$70, student registration – \$20, student registration with CEU credit – \$35. Registration deadline is September 18, payable in advance. Call **(619) 594-6765** or FAX **(619) 594-2811** for information.

Sept. 30, Monday 12 to 1:30 p.m.

Dr. Shafor will discuss sleep disorders and provide helpful hints on how to get a good nights rest at a free lecture in the Frank Curran Conference Room at Harbor View Medical Center, 120 Elm St., downtown San Diego. Call **(619) 293-3627** for a reservation and additional information.

Sept. 30, Oct. 7, 14 & 21 Mondays

9:30 to 11:30 a.m.

"Growing Wiser" is a four week program that meets two hours each week and covers topics including memory, mental alertness, loss and life changes, choices for living, and self-image. Sharp Cabrillo Hospital, 3475 Kenyon Street, Building 3, Education Center. \$8 fee, call **1-800-827-4277** to register.

AAA/Community Based Long Term Care Division

Adult Protective Services

Adult Protective Services investigates referrals of suspected abuse and neglect of elderly and dependent adults. This program provides preventive and support services to reduce the threat of danger for its clients. Abuse reports can be made by calling Adult Abuse Reporting Line at **1-800-523-6444** or **(619) 495-5660**.

Do You Need Assistance Locating Services for Older Persons?

Call Senior
Information & Assistance
560-2500

**TOLL CALLS ACCEPTED
OR CALL TOLL FREE
1-800-339-4661**



**Long Term Care
Ombudsman Office:
560-2507**

**LOCAL
OR CALL TOLL FREE
1-800-640-4661**

Aging in San Diego

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Calendar information is welcome and must be submitted before the 15th of the month preceeding the month you wish it to appear. Submit to: **Editor, 9335 Hazard Way, Suite 100, San Diego CA 92123-1222**

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