



Aging in San Diego

The Area Agency on Aging Monthly Bulletin

Daniel L. Laver, Director

May, 1997

CHRISTMAS IN APRIL



Volunteers gave the gifts of skill, time, and caring.

The "present" is almost ready to be "unwrapped."



“Deck the halls” with volunteers galore!!! April 19 marked the second annual *Greater San Diego Christmas In April* project serving low income, disabled and senior San Diegans by repairing and rehabilitating 17 homes and two community schools in the central San Diego area. Over 870 volunteers represented more than 50 non-profit organizations, businesses, corporations, and service clubs working dawn to dusk to assist those in need.

(Continued on next page)

Older Americans Month

May is Older Americans Month and this year’s celebration will honor the 25th anniversary of the Older Americans Act nutrition programs. Last year, in our county, the Area Agency on Aging helped fund the serving of 942,715 congregate meals at 66 sites and 381,042 home delivered meals. Acting Assistant Secretary for Aging Robyn Stone called the programs “a successful public-private partnership” that receives voluntary participant contributions, volunteer support, and private and government funds.

The Area Agency on Aging also takes this opportunity to honor some of the outstanding leaders and volunteers in these and other programs that benefit our community. This celebration and recognition of community service will be held on Friday, May 30th at Tom Hams’s Lighthouse from 11:15-1:30. The cost of the luncheon is \$25 and all reservations must be received by May 23rd. Choice of entrees is sauteed halibut, chicken florentine, or fruit and cottage cheese plate. For further information and reservations, return your invitation card or call **495-5452. ▲**

Christmas in April (continued)

Forty volunteers from the Area Agency on Aging and their family members helped coordinate, paint, trim, pull weeds, and work side-by-side with skilled craftspeople to assist these residents who could not otherwise afford the cost of rehabilitation. The County of San Diego, through the Area Agency on Aging, donated special funds to provide materials and supplies for three of these homes.

Christmas in April is a National project begun in 1973 in Midland, Texas with now over 190 affiliates. Senior, disabled and low income homeowners can be nominated this year in early fall. San Diego will host two Saturdays in 1998, January 24 and April 17. This is a bonus for San Diego as the host National Football League Superbowl City coordinates two house projects the Saturday of Superbowl weekend.

If you would like to volunteer, make a tax-deductible contribution or learn more about the nomination process for 1998, please contact the Christmas In April office at the Area Agency on Aging **505-6300**. ▲

To Find a Missing Person

Social Security records are kept confidential, but under certain circumstances, they will help you get information to a missing person by forwarding a letter to them. This will be done for humanitarian or financial reasons when the person receiving the letter would want the information.

An example of a humanitarian reason is when a close relative of the missing person is seriously ill. A financial reason could be that the missing person is an heir named in a will. Social Security does not charge to forward a letter for humanitarian purposes, but does charge \$3 to forward one involving finances.

The person wishing to have a letter forwarded must be able to give Social Security enough information about the missing person to conduct a search. ▲

National Arthritis Month

Exercise means more than just keeping fit for the nearly 40 million Americans affected by arthritis—it means **taking charge of their condition**, according to the Arthritis Foundation. During National Arthritis Month this May, the foundation is encouraging people to stay active. Dozens of FREE educational events are scheduled, call the Foundation at **492-1090** or **1-800-422-8885** now for a calendar of events. You can also visit their site on The Worldwide Web at: <http://www.arthritis.org>. ▲

New Program for Caregivers

Live in Tierrasanta? Need a break from the challenges of caregiving for a loved one with a brain impairment? If so, the Southern Caregiver Resource Center (SCRC) has a new program that may help you. SCRC is working with schools in Tierrasanta to develop a innovative, intergenerational program entitled Partners in Caring...Pick a Friend. If you are interested in learning more, call Dianna Morrison at **268-4432**. ▲

Free "Tricks & Traps"

Consumer Action is distributing a free multilingual consumer education program titled "Tricks & Traps," designed to help prevent telemarketing fraud. The materials, underwritten by GTE, include a videotape and training guide to help agencies educate clients. For more information, call them at **800-999-7981**. ▲

Health Web Site

Health and Human Services has launched a new web site called healthfinder, a new government gateway site on the internet that will make it much easier for most Americans to find health information. The address is <http://www.healthfinder.gov>. ▲

"Anti-aging" Hormones

The National Institute on Aging (NIA) is launching an education effort to urge consumers to use caution when using "anti-aging" hormone supplements that have become popular recently. Consumers can call **800-222-2225** to order a free NIA fact sheet about hormone supplements. ▲

Advisory Council Meeting

The next general meeting of the AAA Advisory Council is scheduled for Monday May 12, 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**.

Honoring



Retired and Senior Volunteer Program

May is Older Americans' Month — designated to honor our senior citizens nationwide. In San Diego we recognize the contribution made by RSVP volunteers in making our county a safer, friendlier, better place for us all. *In 1996* — 1315 RSVP volunteers served at more than 300 work stations providing service hours valued at \$4,175,000. RSVP enrolled 339 new volunteers in 1996 and 89 new RSVP volunteers in the first quarter of 1997.

Why do older Americans become RSVP volunteers? The answers we usually hear include — “to give something back to my community”, “life has been good to me and now it’s my turn to serve”, and “volunteering makes me feel worthwhile”. RSVP recognizes that personal satisfaction for our volunteers is important, BUT our entire San Diego community benefits from RSVP volunteer service in our hospitals, our schools, law enforcement, our non-profit community agencies, and our cultural institutions. Let’s all recognize the value of a “lifetime of experience” given by each RSVP volunteer.

What does RSVP do for these outstanding volunteers? We provide insurance for ALL volunteers, our monthly Area Agency on Aging newsletter, some mileage reimbursement, training and recognition at regional meetings, volunteer recognition events, and our annual Sunshine Brunch.

New opportunities for our RSVP volunteers as older Americans to help our newest Americans in San Diego. Two very unique opportunities to assist people and work in a multicultural environment:

✓ International Rescue Committee — assists in sponsorship and resettlement activities for refugees including housing, job placement, and access to community services. Volunteers are needed in the “First Things First Program” with refugee mothers and preschool children teaching the basics of nutrition, safety, and community resources (how to use the library, the post office).

✓ Alliance for African Assistance — assists new refugees in the resettlement process in San Diego while respecting their dignity as new Americans. Volunteers are needed as interpreters (Spanish, French, Portuguese, Swahili and 20 other languages) and as citizenship teachers. Volunteers with medical background can inform refugees about family planning, AIDs, and breast cancer. A thrift store, “Safari Seconds” uses volunteers.

Thanks go out to our intern from San Diego State University — Malaykham Insixiengmay — who is assisting RSVP as part of her studies in gerontology. ▲



Spring Valley/Lemon Grove Senior Volunteer Patrol members model the new blue RSVP T-shirts. To order yours call 505-6399. Cost is \$10.00.

.....
●
● RSVP volunteers should begin receiving invitations this month for the Sunshine Brunch – RSVP Volunteer Recognition Event at the Town and Country Convention Center on Tuesday, June 24, 1997 – 10 a.m. - 1 p.m. Please call the RSVP office – **505-6399** to RSVP for the Sunshine Brunch.
●
.....

Survey of Older Adults

This survey was a mail-out, mail-back survey sent to approximately 1,800 people age 60 and over in January 1997. Area Agency on Aging staff compiled the mailing list with names randomly selected from several sources, including the Registrar of Voters and from client/participants lists. Care was taken to obtain a geographically representative sample so that all parts of the San Diego region were represented. A total of 656 completed surveys were returned, a response rate of 36 percent.

The survey is one tool used by the Area Agency on Aging to complete the Area Plan goals for 1997-2001.

Responses to the question: *“This is a list of things that can be of concern to older people. Please indicate how much of a problem each one is to you personally.”*

	No Problem	Some Problem	Major Problem
• Getting information about services	61%	30%	9%
• Finding legal advice/counseling	68%	23%	9%
• Finding recreational or social activities	76%	19%	5%
• Getting homemaker service	79%	13%	8%
• Transportation	76%	16%	8%
• Getting more education	90%	7%	3%
• Getting information about volunteer opportunities	85%	13%	2%
• Getting adequate health care	78%	17%	5%
• Getting adequate nursing home care	86%	8%	6%
• Getting mental health services or counseling	90%	8%	2%
• Drug and/or alcohol abuse or misuse	97%	2%	1%
• Getting enough food/nutrition	87%	10%	3%
• Loneliness	75%	18%	7%
• Racial discrimination	93%	5%	2%
• Elderly abuse	93%	5%	2%
• Crime	74%	15%	11%
• Age discrimination	81%	14%	5%
• Having enough money to live on	64%	24%	12%
• Cost of energy/utilities	60%	26%	14%
• Housing	81%	11%	8%
• Employment opportunities	86%	8%	6%

For more information on the survey or the Area Plan, please call Tom Isom at **495-5887**. ▲

Your Social Security

by William M. Acosta
District Manager—San Diego

For Future Social Security beneficiaries, Wednesday will become one of the most important days in their lives. It's the day that their Social Security benefits will be delivered.

People who apply for benefits beginning May 1, 1997, will not receive their benefit on the third day of the month as in the past. Instead they will receive it on a second, third, or fourth Wednesday of the month.

The change is expected to even out the workflow of the agency by avoiding the peak of telephone traffic that generally accompanies check deliveries on the third of the month. Benefits to current Social Security beneficiaries will continue to be paid on the third day of the month. Benefits to current and future Supplemental Security Income (SSI) beneficiaries will continue to be paid on the 1st day of the month.

When you apply for benefits, the Social Security representative will tell you when to expect your benefit payment. The letter we send to you notifying you of your benefit amount will also have this information.

The day you receive your benefits will be determined by the birthdate of the person on whose work record the benefits are based. This means that spouses who apply can expect to receive their benefit based on the birthdate of the working spouse.

Here's how it works: For workers with birth dates between the first and the 10th, benefits are paid on the second Wednesday; for birthdates between 11th and the 20th, benefits are paid on the third Wednesday; and for birthdates between the 21st and the 31st, benefits are paid on the fourth Wednesday.

Adding new benefit payment days lets Social Security give better service. This means your call to our toll-free number (**1-800-772-1213**) will be answered faster and your visit to our field office will take less time. ▲

COMMUNITY

CALENDAR

May 12, Monday

2:00 to 3:00 p.m.

Join friends of Art Linkletter in their celebration of Older Americans Month at San Diego State University. The university will welcome its famous son with the first Art Linkletter Award for Distinguished Services to Older Adults, at the Old Quad (by the Bell Tower) in a program open to the public. Refreshments and entertainment will be provided. Organizations sending seniors in buses should call Kathy Knapp at **594-5133** for special access to the campus. For other questions call **594-6765**.

May 14, Wednesday

12:00 to 1:00 p.m.

"How To Communicate With Your Doctor" presented at Sharp Chula Vista Medical Center, 751 Medical Center Court, Classroom Two, Chula Vista. Registration required, call **1-800-827-4277**.

May 15, Thursday

6:30 to 8:00 p.m.

San Diego Hospice presents a seminar "When Illness and Death Come to the Workplace" at 4311 Third Avenue. This seminar will help you become more aware and better prepared to deal with grief and loss and their effects in the workplace. Reservations: **688-1600, ext. 472**.

May 16, Friday

8:30 a.m. to 12:00 p.m.

The North County Senior Coalition celebrates their 7th Annual May Forum with "What's Age Got To Do With It?", a free senior symposium to inform and inspire. California Center For The Arts, 340 No. Escondido Boulevard, Escondido. Seating is limited so come early. For Additional information call Rick Alvarado at **1-800-990-7573**.

May 17, Saturday

8:30 a.m. to 12:00 p.m.

Southern Caregiver Resource Center (SCRC) presents "The Adult Child As Caregiver: Emotional Mine Field Or A Stage Of Growth," at Scripps Well Being Center, University Town Centre, (corner of Genesee and La Jolla Village Drive, above Carlos Murphys). \$15 for caregivers and professionals, \$25 for 3 Continuing Education Units. Call **268-4432** for information and registration.

May 20, Tuesday

9:30 to 11:00 a.m.

Alex Saluta, Registered Physical Therapist discusses common back problems and provides a posture screening at Sharp Chula Vista Medical Center, 751 Medical Center Court, Nellie Barrington Room, Chula Vista. Registration required, call **1-800-827-4277**.

May 21, Wednesday

9:30 a.m. to 12:00 p.m.

The City of Encinitas Senior Citizen Commission invites you to expand your horizons at the 1997 Senior Information Fair at the St. John Catholic Church Community Room in Encinitas. Exhibit booths will provide information that relates to the needs of seniors and their families. Door prizes will be drawn. For more information call **760/633-2740**.

May 22, Thursday

11:00 a.m. to 2:00 p.m.

"Springtime Health Fair" at the Lakeside Community Center, 9841 Vine Street, sponsored by the Lakeside Community Center and Lakeside Santee AARP. Free health screenings and free health care information. For information call **443-3696**.

May 23, Friday

1:30 p.m.

Investment Fraud and Seniors will be the topic of an Open Forum at the La Mesa Senior Adult Center, 8450 La Mesa Blvd., La Mesa. A panel of experts, including Consumer Bob, TV Channel 8; Don Bauder, Financial/Business Columnist, San Diego Union-Tribune; Mary Kay Forsyth, Executive Director, San Diego Crime Commission; and Cliff Dobrin, Deputy District Attorney, Fraud Division. For further information, contact the La Mesa Commission on Aging at **464-0505**.

May 28, 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 a seminar "Aging Crisis Intervention...Now Is The Time" at the San Diego Marriott Hotel Mission Valley, 8757 Rio San Diego Drive, San Diego, 92108. Registration deadline is May 23. Registration fees are: conference registration \$70; regular registration with CEU (7) credit \$85; student registration \$20; student registration with CEU credit \$35; older adults (65+) registration \$20. Fees must be paid in advance and are not refundable. Call **594-6765** or Fax **594-2811** for more information.

May 30, Friday

9:00 a.m. to 1:00 p.m.

The George G. Glenner Alzheimer's Family Centers, Inc. (GGG/AFC), School of Dementia Care, presents a "HIV/AIDS and Tuberculosis Training" for RCFE Administrators at the School of Dementia Care, Upstairs Classroom, located behind the GGG/AFC at 3686 Fourth Avenue, San Diego, 92103. Cost is \$20.00. For more information call Dawn at **543-4707**.

Home and Community Based Care

Title III In-Home Services

The AAA provides home-maker services for a limited number of seniors over age 60 to assist them to remain in their own homes. These programs target low-income and minority seniors and may be accessed by calling centralized intake at **495-5216**. In Supervisorial District 5, contact North County Council on Aging (formerly NOCOSIA) at **941-3212** (costal/Vista) or **741-4426** (inland/north county).

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

is a monthly bulletin published by the Area Agency on Aging for Senior Organizations.

EDITOR, Susan Woodburn: 495-5853
Fax: 495-5080

PRODUCTION: Marian Cassell
Dinah Hamilton

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

Special permission is not needed to reproduce any information contained in this publication with credit to Aging in San Diego.



County of San Diego Board of Supervisors

District 1	Greg Cox
District 2	Dianne Jacob
District 3	Pamela Slater
District 4	Ron Roberts
District 5	Bill Horn

Chief Administrative Officer,
Lawrence B. Prior III



County of San Diego Department of The Area Agency On Aging

9335 Hazard Way, Suite 100
San Diego CA 92123-1222
(619) 495-5885

Address Correction Requested

1st Class Presort
U.S. Postage
PAID
Permit #571
San Diego, CA