



# Senior Saga



Information and Assistance  
(760) 353-3000 or 1-800-510-2020  
Long Term Care Ombudsman  
(760) 339-6457

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Winter 2005

### Special Thanks to our other Sponsors

- Guest House
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- Yosemite Waters
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- Dollar Tree (Calexico)
- Big Lots

## First Annual Senior Appreciation Day



Hello everyone! Welcome Snow Birds. I know that we all like it when the Snow Birds begin to arrive, because to us that means the weather is going to finally change. I am happy to say that the First Annual Senior Appreciation Day was a success. Thank you to everyone who participated. We had an attendance of approximately 250 seniors.

There were agencies from all over the Valley who give services to senior citizens. The Health Department was there to provide blood pressure checks. Senior Legal Services gave out information. The Long-Term Care Ombudsman was available to give out applications for volunteer recruitment.



Mr. Navarrete and his kareoke invited seniors to sing and dance. We had a singing contest, and it was not easy to pick a winner. Dr. Ayala and the Grupo de Danza Xochiuitlo from Calexico gave everyone a taste of Mexico with those colorful dresses that the women were wearing in their dance. The main event came when Supervisors Larry Grogan, and Joe Maruca, and representatives for Assemblywoman Bonnie Garcia and Congressman Bob Filner presented volunteers with certificates of appreciation.



We want to thank all of our sponsors. All proceeds from this event will benefit the Brown Bag Program. Thank you to all the volunteers that helped with this event.

This Fall, we celebrated our First Annual Senior Appreciation Day, and it was a big success. It was attended by over 350 seniors, their families, caregivers, and friends. Pictures of seniors and the special events are included in this edition for your enjoyment. We look forward to celebrating this event on an annual basis.

Also, in this issue, we are including a new insert section to acknowledge our special sponsors that contributed to our Senior Event. Their generous help allowed us to provide the Senior Event for your enjoyment.

Please be sure to review this section. The insert can be removed to post on your refrigerator or bulletin board to keep these fine sponsors' phone numbers easily accessible for your use. Please support these sponsors and mention that you saw their ad in our SAGA.

Now that we are heading into our winter season, be sure to remember to see about getting your flu shots. They are available to seniors at the Imperial County Public Health Department during the week, or you can call 482-4438 if you have questions.

We hope that you enjoy a healthy and happy holiday season. Remember that we are here to serve you.

**Rebecca Sanchez, AAA Manager/Director**

### **Brown Bag Program**



I would like to let everyone know that I have been working on donations for Brown Bag. It's been hard to get donations as most businesses have contributed to the hurricane relief funds. Although we agree with wanting to help with these national emergencies, it reduces the ability for support of local community programs. Little by little it has been falling into place and I will continue to try and get more donations. November was the last month for Farmers Market. Brown Bag will be continue distribution in the outlying areas.

On the other hand Senior Appreciation Day was a great success. We had more people than expected, being the first year and all. Our seniors all had a great time and only had good things to say about this day.

**Natalia Perez, Brown Bag/ Farmers Market Coordinator**

## *Long-Term Care Ombudsman Program*

The Ombudsman Program participated in the Area Agency on Aging "First Annual Senior Appreciation Day". Our volunteers were recognized with several certificates from our I.C. Board of Supervisors and Elected Officials. I would like to take this opportunity and thank our volunteers for their hard work and their devoted time to our program: Elizabeth Lorenzen, Cynthia Rodriguez, Aziel Gomez, Chaam Soothammavong & Reyna Gibbs we thank you so much.

Did you know that Centers for Medicare and Medicaid Services (CMS) issued new resources? It includes a "guidance" document for professionals and volunteers who will assist in educating people with Medicare about the new drug benefit and provide individual counseling and decision support for people who want to choose a plan and enroll. Those resources are published on the CMS web site at

<http://www.cms.hhs.gov/partnerships/news/default.asp>.

CMS is also hosting a webcast-series of five Medicare Rx to be held over the next few months. Go to <http://cms.archivevideo.com> for further information and a complete schedule of events. Future webcasts will cover the enrollment process and the Medicare Rx Plan Finder tool. Lines are limited for the live events, but you can access the archived version of the event at a later time. Regional "Medicare & You" (in-person) trainings will also be held around the country. Information about those trainings is also available on the CMS website [CMS Workshop Registration](#).

You can make a difference in some one's life by reporting "Elder Abuse" in facilities by calling 1-800-231-4024. All calls will remain confidential. We are also recruiting volunteers to join our team for more information please contact us at 339-6457.

*Karla Flores*  
Ombudsman  
Coordinator PSA 24



## Senior Nutrition Program



HICAP

Catholic Charities Senior Nutrition Program offers the following services:

The **congregate program** provides a hot delicious meal at dining sites in Brawley, Calexico, El Centro, Ocotillo, Salton City, Salton Sea Beach and Westmorland. Meals are served in settings that foster socialization and where supportive services are available to participants. Meals are nutritionally balanced and meet 1/3 of the daily USDA nutritional requirements

The **home-delivered meal program** delivers meals to persons who are homebound due to illness or incapacitation, or are otherwise isolated. This program may make referrals for other assistance and coordinate in-home services.

Our **transportation program** will take you to your dining destination in the cities of Brawley, Calexico, El Centro, and the Salton Sea areas.

Our third annual Catholic Charities' American Dreams dinner, dance and auction will be held on Saturday, January 21, 2006 from 6:00 p.m. until 11:00 p.m. at St. Mary Parish in El Centro. This year's theme is "Coming to America". For tickets or information you may contact me.

For more information on our services or activities, please call our Program Manager, Polo at 353-2748 or me at 370-3916.

Laurie Edwards  
Quality Assurance Manager



Beginning January 1, 2006, Californians that currently receive prescription drug from Medi-Cal will receive them from the federal government through the new Medicare Part D program.

There are a number of different approved Medicare plans available. While that may seem to make a decision more difficult, there are good resources available to help identify a Medicare prescription plan that best meets an individual's needs.

Individuals can call 1-800-Medicare, give some basic information about where they live, and the medications they take, and trained staff will look up which approved plans cover those medications, estimate monthly premiums and send that information to the individual in the mail. If you have access to the internet, you can compare plans yourself at [www.medicare.gov](http://www.medicare.gov). Other good Web resources include [www.chhs.ca.gov](http://www.chhs.ca.gov) and [www.calmedicare.org](http://www.calmedicare.org).

HICAP provides educational presentations on the new Medicare prescription drug plan. Please call (760) 339-9977.

## Health Department

The Flu season is here. This season usually ranges from November through March, and sometimes into early spring. Flu (or influenza) is caused by a virus, which infects the nose, throat, and lungs. The virus is spread when it becomes airborne through coughing, sneezing or talking. The Flu is contagious and a person can spread the Flu starting one day before he or she even feels sick, and continue to pass the flu virus to others for several days after symptoms start.

There are many ways to protect yourself and others from the Flu. A few examples of this include, avoid touching your nose, eyes and mouth, staying at home if you have the flu, covering your mouth and nose when you cough or sneeze, frequent hand-washing and receiving your annual Flu vaccine. Hand-washing is particularly effective since the Influenza virus can live for up to 48 hours outside of the body. These 48 hours provide opportunity for the virus to be contacted from surfaces such as telephones, doorknobs, computer keyboards and toys.

Flu vaccines are available at the Senior Clinics and Health Department. Please call (760) 482-4467 for more information.

## SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregiver Resource Center (SCRC) provides information and referral, respite and personal care services, and professional consultation to caregivers of adults with a brain impairing condition and frail, older adults. SCRC staff are available to discuss our service offerings over the phone or by way of group presentations. On October 18th, SCRC offered a free seminar for caregivers and professionals called "Caregiver Education Day" at the Cal Works Career Center in El Centro. Staff from SCRC, HICAP and the MS Society provided information on the emotional aspects of living with chronic illness, community resources, Medicare and Multiple Sclerosis. Approximately 60 caregivers and professionals attended this event. SCRC also hosted a Fall Fiesta Caregiver Potluck on Thursday, November 17th from 11am-2pm. at their local office in El Centro at 119 South Fifth Street. Attendees socialized and enjoyed some great food! For more information about SCRC, please contact Norma Celaya in our El Centro office at (760) 352-2588.

## Alzheimer's Association

Holidays are just around the corner and this often brings a feeling of being "abandoned" in our 24/7 role of being a caregiver. When you reach a point of your emotions coming up to surface, you may need some outside support. We have several group meetings each month in Imperial Valley and always welcome anyone sharing their concerns. You need to respond to your own needs to continue to be a compassionate and caring caregiver. Our meetings are available in English and Spanish, as also are our videos.

Call our office for time and places to our meetings and bring along a family member or a friend if you wish. Light refreshments are served.

Office hours are Monday thru Friday 8 a.m. -5 p.m.

Phone 760 335-3725 Fax 760 335-3727

584 Main St. El Centro



## SENIOR LEGAL SERVICES

### What is probate?

Probate is defined as a legal proceeding that is used to wind up a person's legal and financial affairs after death. In California, probate proceedings are conducted in the Superior Court for the county where the decedent lived, and can take a minimum of six months and as long as several years.

One main reason why people tend to avoid Probate is because of its very lengthy process. Probate requires the filing of numerous forms and documents and is meticulously supervised by the courts. During that time, property you owned will be tied up and your heirs may have restricted or no access to important funds and accounts. The sale of property may be complicated by the need for court approval of the terms of sale.

Another reason why people tend to avoid Probate is because it can be very expensive. Both the executor and the attorney for the estate are entitled to be paid fees for their work during a probate. While their fees are regulated by the state, they can be considerable and unnecessary. For example, the fees in an uncomplicated estate that is worth \$150,000 can be about \$8,300; \$4,150 for the executor and \$4,150 for the attorney.

However, there are some estate planning methods for avoiding probate. Some of these alternatives are: adding a Payable on Death (POD) designation to all bank and retirement accounts, stocks, bonds, and vehicles that you might own; hold properties in joint ownership; reduce your estate by making gifts while you are alive to those whom you love; and finally, create a living trust in which you can place your assets.

**If you have any questions about Probate or any other legal issues, please feel free to call Senior Legal Services at (760) 353-0223. All services provided are FREE.**



## SENIOR TRIVIA

1. Which longest running daytime drama moved from radio to TV in 1952?

- A. Days of Our Lives
- B. General Hospital
- C. Guiding Light

2. What did Francis Watson and James Crick become famous for discovering?

- A. The polio vaccine
- B. The transistor
- C. The "double helix" of DNA

3. In 1954, the law known as Brown vs. Board of Education was passed. What did the law prohibit?

- A. School segregation
- B. School sports
- C. Affirmative action

4. Who said "Old soldiers never die, they just fade away."?

- A. Gen Dwight Eisenhower
- B. Gen. Omar Bradley
- C. Gen. Douglas MacArthur

ANSWERS

4-C

3-A

2-C

1-C

## LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

## Remedies We'd Rather Forget

We used to have cold winters in Chicago when I was small and if we caught a cold, Mom would place two or three cut-up onions in a bowl and put them under our bed.

Her reasoning was that they purified the air. I don't know about that, but they sure cleared our heads.

reminisce.com

## REMEMBER WHEN?

Does anyone remember Fizzies? Popular about 1960 to '63, they were tablets that resembled Alka-Seltzer tablets.

When dropped into a glass of cold water, a Fizzie would turn the water into soda. Fizzies came in orange, lemon-lime, grape and root beer flavors and produced a drink less carbonated than bottled soft drinks.

They were handy at home, but I used to take them to work at my office. I miss them.



www.reminisce.com

## EXTRA, EXTRA !!!!!

The Brown Bag program is recruiting **volunteers** to distribute food to seniors in our community. If you would like to join please call the Natalia at (760) 339-6452.



"You've worked hard all your life now let us work for you"

**AAA-Our Mission**

To provide leadership at the local level in developing systems of home and community-based services that maintain "least restrictive" home-like environments. In particular, emphasis shall be placed on coordinating with local systems to enable individuals to live with maximum independence and dignity in their homes and communities through the development of comprehensive and coordinated systems of home and community-based care.

**SERVING SENIORS PROUDLY**

Norma Saikhon  
Public Administrator, Area Agency on Aging

Rebecca Sanchez  
Manager/Director, Area Agency on Aging

**SENIOR SAGA**

**Imperial County Area Agency on Aging** 1331 S. Clark Rd., Bldg. #11  
El Centro, CA 92243  
(800) 510-2020

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