

# Winter

**Have you or a loved one  
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COUNTY OF SAN DIEGO  
AGING AND INDEPENDENCE SERVICES HHSA  
SALUDHEALTH.INFO.COM | WINTER 2011

**Coming of Age ~ San Diego's First International Film Festival!**  
A series of international films on aging to be presented on the second  
Thursday of each month at the Balboa Museum of Photographic Arts  
in Balboa Park. To reserve a seat, visit [www.sdcomingofage.com](http://www.sdcomingofage.com)



## **Law Enforcement Database Flags Those with Special Needs**

*Denise Nelesen,  
County's Aging & Independence Services*

The Sheriff's Department now has a way to alert deputies when someone

they encounter has a special need, such as memory problems, mental health issues or difficulty speaking. For first responders, knowing that someone has special needs could make a big difference in critical situations.

The "Take Me Home" program allows legal guardians to provide a profile of someone with a special need that will be included in the Sheriff's database. That information will pop up when officers check the name or are dispatched to the person's home. Facial recognition software can also bring up the profile if the person is unable to communicate and the officer submits a photo.

To register for "Take Me Home," contact the Alzheimer's Association at (800) 272-3900. Participation is voluntary and the information recorded is held strictly confidential.

## **DA's Web Site Hosts Online 'Safe Seniors'**

The San Diego County District Attorney's Web site now hosts an online "Safe Seniors" to provide the community with an easy source of phone numbers and information on elder abuse and consumer protection:

[www.SafeSeniorsSanDiego.org](http://www.SafeSeniorsSanDiego.org).

The Web site will be a valuable tool for those who are mandated to report elder abuse, as well as neighbors, family members and friends who suspect elder abuse or a scam against an older adult. You can also register to receive the quarterly Safe Seniors newsletter by mail or email.

## **Medicare Enrollment is On-going**

The Annual Election Period to enroll in a Medicare Advantage plan or Part D (prescription drug plan) runs from Nov 15 to Dec. 31. Your coverage becomes effective Jan. 1. Reminder: A penalty for Part D may apply if you previously had Medicare and did not enroll in Part D or did not have creditable coverage elsewhere.

If you are new to Medicare or want to change your plan, you can contact HICAP (Health Insurance Counseling and Advocacy Program) for basic information about the varying plans. You could also talk with HICAP about the Extra Help program that can assist you with prescription drug plan costs if you have limited income and assets.

HICAP does not sell or recommend any particular health insurance products. This nonprofit is administered by Elder Law & Advocacy and funded by AIS and the California Department of Aging. Contact HICAP at (800) 434-0222 to schedule a free Medicare counseling appointment.

## **Have you or a loved one... slipped or fallen recently?**

Each year, more than 12,000 older adults in San Diego County arrive at the hospital after a fall. You are more likely to fall if you take four or more medications, have foot problems, get dizzy, have problems seeing, or have trouble walking and getting around. However, there are many things you can do to stay active, independent, and fall-free.

### **You Can Prevent a Fall**

1. Talk with your doctor about health issues, such as weak bones (osteoporosis), your medications, difficulty with hearing or vision, or if you feel faint, off-balance or dizzy. If you have dizzy spells, your doctor may recommend you see a specialist to help.

2. Stay active to improve your strength, flexibility, and balance. Walking, dancing, Tai Chi, and exercise classes are all good ways to improve your health. Depending on your medical or surgical history, your doctor may refer you to a Physical Therapist who can help you start an exercise program. Talk with your doctor about the best approach for you.

3. Your doctor or pharmacist can also look at your medications to check for side effects that can make you dizzy or affect your coordination. Don't forget to ask about over-the-counter medicines like Tylenol PM.

4. In your home, remove things you could trip or slip on, maintain good lighting and nightlights, and install strong grab bars and handrails.

For more information on local community resources and programs to prevent falls, please visit the San Diego Fall Prevention Task Force's website at:

[www.SanDiegoFallPrevention.org](http://www.SanDiegoFallPrevention.org)

### **Influenza Vaccinations Available**

Flu prevention is everyone's responsibility. This flu season's vaccines protect against two strains of seasonal flu and the H1N1 2009 flu strain. The influenza vaccine is recommended annually for people age 60 and older, as well as younger people with chronic medical conditions. The flu season typically occurs between November and May. Flu vaccine is available at County Public Health Centers and other locations throughout the flu season. The fee for the immunization visit is \$10 per person, which can be waived if the person is unable to pay. Costs are covered for those with Medicare Part B. For more information about flu vaccines or to locate a health clinic near you, call 2-1-1 or visit [www.sdiz.org](http://www.sdiz.org)

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## National Call Center Updated

The Eldercare Locator, a free nationwide call center for older adults and caregivers seeking access to resources in their community, has geared up for the boom of aging Americans. This service from the federal Administration on Aging is a toll-free number where you can find the local Area Agency on Aging (such as AIS) and other resources in each ZIP code.

The Eldercare Locator is particularly useful for family members who live away from their relatives. An information specialist can connect them to a local agency in their selected area. These specialists also answer a variety of resource questions. Information is available in different languages. There's also a newly designed Web site, [www.eldercare.gov](http://www.eldercare.gov). To access the Eldercare Locator, call (800) 677-1116 (from 6 a.m. to 5 p.m. PST Mon-Fri).

## Fundraiser for Edgemoor Arts

A special art therapy program -- Healing Hearts at Edgemoor -- will benefit from a fun-for-all fundraiser, called "Arts and Hearts," set for 11 a.m. to 3 p.m. Saturday, Feb. 5, at Edgemoor, 655 Park Center Dr., Santee 92071. Please join us for food, entertainment and more! Create your own art. Grab a brush. Get inspired. For additional information, visit: [www.edgemoorevents.moonfruit.com](http://www.edgemoorevents.moonfruit.com).

## Senior Companions Needed

The Senior Companion program, coordinated by Lutheran Social Services, is seeking participants particularly in the communities of Chula Vista, Encinitas, Escondido, Mira Mesa, Oceanside, Poway, Santee and Vista. Senior Companions are older adults (55+) who receive a small stipend (\$2.65/hour) to visit with less mobile or homebound seniors for at least 15 hours per week. Monthly training is provided and required. For more information, contact Rock Roades at [jroades@lsssc.org](mailto:jroades@lsssc.org) or call (858) 483-4007.

## Peer Educators for Special Program

Join with AIS and be part of a national effort to offer the "Healthier Living" program, an award-winning project (also called the "Chronic Disease Self-Management Program") that has been scientifically shown to improve wellness. Designed by Stanford University and taught by older adults, the program is for people with diabetes, arthritis, depression, heart disease, or any other ongoing health condition. Classes meet once a week for six weeks,

and have two peer educators teaching 15 to 20 participants. We are recruiting older adults who have chronic health conditions to lead the workshops. Accepted applicants will attend a four-day training Jan. 20, 21, 27 and 28. Once trained and approved, peer educators will be assigned to lead Healthier Living workshops at community sites around the county. This is a great opportunity for adults age 50+ to be involved with a state-of-the-art wellness program. Peer educators will receive modest financial compensation. If you are interested in applying to be a peer educator, contact Charlotte Tenney at (858) 495-5230 or [charlotte.tenney@sdcounty.ca.gov](mailto:charlotte.tenney@sdcounty.ca.gov).

## Balance Class at Challenge Center

The Challenge Center is now offering balance and conditioning classes every Thursday with the help of physical therapist Tiffany Piquilloud. Cost is \$5 each week.

There will be a supervised routine including stretching, aerobic and circuit exercises on the center's universally accessible equipment. An evaluation may be needed for those who have never been to the Challenge Center, 5540 Lake Park Way, La Mesa 91942. To register or for more information, call (619) 667-8644 and ask for Rebecca or Karen.

## Low-Cost Auto Insurance Program

California law requires that all vehicle drivers be insured. The State Department of Insurance offers a low-cost automobile insurance program for income-eligible adults who also meet the following criteria: have a good driving record, are 19 or older, have been continuously licensed to drive for at least three years, own a vehicle valued at \$20,000 or less and meet the income eligibility requirements.

The income requirements are a total household income of \$27,075 or less for one person; \$36,425 for two people; \$45,775 for three people; or \$55,125 for four people. The annual premium per car in San Diego County with this policy is \$264. For additional information about the California Low Cost Auto Insurance policy and to see if you qualify, visit [insurance.ca.gov/lowcost](http://insurance.ca.gov/lowcost) or call (866) 602-8861.

## "The World's Fastest Indian"

"The World's Fastest Indian" (2005): A New Zealand man dreams of taking his 1920 Indian motorcycle to the Bonneville Salt Flats to see how fast it will go. When heart disease threatens his life, he mortgages his house, takes a ship to Los Angeles and heads for Utah. He goes on to break six world speed records. True story.

On Jan. 13, 2011 the movie, "The World's Fastest Indian", will be the first in a series of international films on aging to be presented on the second Thursday of each month at the Balboa Museum of Photographic Arts in Balboa Park. To reserve a seat, visit [www.sdcomingofage.com](http://www.sdcomingofage.com)