The Older Americans Act: Aging Well Since 1965

This year marks an important milestone in the history of how our country supports its older citizens. President Lyndon B. Johnson signed the Older Americans Act (OAA) into law in July 1965. Over the past 50 years, the OAA has provided the nation with programs that allow millions of older Americans to continue living and thriving in the communities of their choice for as long as possible.

Through a national network of aging services and funding, the OAA offers a wide range of supports, including home-delivered and congregate meals, caregiver support, preventive health services, transportation, job training, and elder abuse prevention.

While Areawide Aging Agency provides congregate and home delivered meals, transportation, homemaker, legal assistance, outreach, nutrition education and information and assistance as well as caregiver services to older adults year-round, this anniversary offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Join us in commemorating this milestone anniversary. Let’s work together to continue to help our seniors age with dignity and with the services they need.

Learn more about the OAA: Visit http://www.acl.gov/OAA50. Visit http://www.eldercare.gov/ or call 1-800-677-1116 to find programs for older adults in your community.

The 2015-2016 edition of Survival Kit for Seniors is now available at the Areawide Aging Agency office. This resource directory provides information on services available in Canadian, Cleveland, Logan and Oklahoma counties. You may pick up a copy at our office located at 4101 Perimeter Center Dr., Suite 310, Oklahoma City, OK 73112. Call 405-943-4344 if you need finding directions or if you wish to have a copy mailed to you. A suggested donation of $5.00 is requested to help with mailing costs.
Oklahoma Legislative Session Ends With Several Senior Related Bills Dormant

This legislative session was a mixed bag of bills, some good for seniors, others, not so. Managed Care for Medicaid Recipients was signed by the Governor on May 4. Under House Bill 1566, the Oklahoma Health Care Authority would initiate requests for proposals to health plans and/or health care provider groups to establish care coordination programs. The results would include new ways to integrate services to achieve better health outcomes enabling Oklahomans to live independently in their homes longer.

Dormant Bills

Senate Bill 231. This Bill would have prevented nursing home residents and their families from seeking damages within the courts by making all arbitration agreements binding, even in situations of willful neglect and abuse resulting in wrongful injury or death. We were glad to see this bill go dormant!

House Bill 2041 was drafted to create the Improving Oklahoma Seniors Task Force. The task force would study senior issues and make recommendations on ways to improve the lives of seniors in Oklahoma.

Senate Bill 2 was proposed to create the Advisory Council on the Effect of Alzheimer’s Disease in Oklahoma.

Senate Bill 509 would have required all nursing facilities to have on-site emergency power generators.

Many times bills have to be introduced over numerous years for them to gain traction for passage. Silver Haired Legislature and other senior advocacy groups will stay on top of these bills in future sessions. Better luck next year!

Drug Lock Boxes to Be Given to Seniors by Oklahoma Bureau of Narcotics

The Oklahoma Bureau of Narcotics (OBN) is providing 500 lock-boxes to Oklahomans at no cost as part of an effort to prevent home medication theft. OBN purchased the lock-boxes using Federal Grant money set aside for states to address the prescription drug abuse and fraud epidemic across the country. OBN is partnering with the Department of Human Services’ Area Agencies on Aging (AAA) program to make the boxes available to elderly Oklahoman.

OBN Spokesman Mark Woodward says the elderly population was selected to receive the boxes because they are a uniquely “at-risk” population.

“Many elderly Oklahomans are on fixed incomes and unable to afford to buy a lock-box on their own. They frequently have small children and teens living in or visiting their home. Plus, the elderly often have controlled prescription drugs in the home that can be targeted by relatives or friends with a drug addiction.”

---Mark Woodward, OBN Spokesman

OBN says it is critical for all Oklahomans to safeguard their home medication. According to Woodward, 80% of all drug-related overdose deaths in Oklahoma are linked to prescription drugs. Often, these drugs are stolen from home medicine cabinets of a friend or relative. Over the next several months, the Area Agencies on Aging will distribute the lock-boxes to elderly residents living in eleven AAA regions throughout the state. For more information about the OBN lock-box distribution program, contact the Area Agencies on Aging toll-free number at 1-800-211-2116.

Areawide Aging Agency received 40 of these boxes to be distributed within its four county area. These were distributed through the nutrition sites and the grandparents raising grandchildren programs.
Areawide Will Hold Fundraiser at Fish City Grill

Come Join Us at Fish City Grill! On August 4th, Fish City Grill will be donating a portion of their sales to Areawide Aging Agency. After the tragedy of September 11, 2001, Fish City’s neighborhood seafood joints became a comfortable gathering place for their customers. At the same time, the owners, Bill and Lovett Bayne, realized local charities were in greater need. Being strong believers in neighborhood and community spirit, Bill and Lovett decided to begin the First Tuesday Benefit. Through this initiative, Fish City Grill has donated over $350,000 to various local organizations, a number that continues to grow every month.

Their menu includes delicious items, such as Oyster Nachos, Crab Bisque, Farm Raised Catfish, Red Beans and Rice and Po-boys! Join us for lunch (11 – 1) or dinner (5-7) at 1389 E 15th in Edmond (on the southwest corner of Bryant and 15th Street in Edmond, in the Spring Creek Shopping Center). Board and Advisory Council members as well as staff will be manning a table up front to greet you and answer any questions you may have about Areawide Aging Agency. We look forward to seeing you there August 4th!

America’s National Pastime—Interesting Facts About Baseball

• The first official game of baseball was played in 1846.
• The first pack of baseball cards was created in 1868.
• The first World Series was played between Pittsburg and Boston in 1903 and was a nine-game series. Boston won the series 5-3.
• Baseball was broadcast on the radio for the first time in 1921.
• The New York Yankees have won 26 World Series titles, which is more than any other team.
• Former Yankees right fielder Mickey Mantle holds the record for most career home runs (18) and RBI (40) in World Series history.
• Baltimore Orioles shortstop Cal Ripken, Jr. didn’t miss a game in 16 years. He played in 2,632 consecutive games from April 30, 1982 to September 19, 1998.
• Pitcher Nolan Ryan played 27 seasons in major league baseball and struck out more batters in his career than any other pitcher.
• Longest professional game: 1984- 8 hours 6 minutes
• Shortest game 1919- 51 minutes


Areawide Aging Agency would like to congratulate Legal Aid Services of Oklahoma. They received the 2015 Project of the Year by the Oklahoma Department of Human Services at the 40th Annual Oklahoma Conference on Aging.

Legal Aid Services of Oklahoma (LASO) is a non-profit Oklahoma corporation providing free legal services to Oklahoma’s senior citizens as well as Oklahoma’s poor citizens. LASO does not discriminate based on race, age, color, religion, national origin, or disability.

Mary Mosshammer, Assistant Deputy Director, Legal Aid Services of Oklahoma, is accepting the 2015 Aging Network Partner of the Year from Lance Robertson, Executive Director of Aging Services Division of OKDHS. The award was presented at the Oklahoma Aging Conference in May.

advancing the independence of Senior Adults
Common Estate Planning Errors
by Rick Goralewicz, Legal Aid Services of Oklahoma

1. **Failing to plan.** By far the greatest and most common error. Without an estate plan, your assets will be distributed according to the law in the state where you live. Usually, if you are married, your spouse is entitled to a portion of your estate and the rest is divided among other relatives. If you are single, your estate may go to your children, parents, or siblings. The state law distribution schedule does not take into account favorite charities, church or school, or other non-relatives you may wish to leave something to. If you have absolutely no living relatives, then your estate will go to the state. This is probably not what you want to happen to your assets. Without an estate plan, you have no way to name who will be the guardian of your children or who will act for you if you become incapacitated.

2. **Doing it yourself.** It is tempting to try to save money by using a do-it-yourself online will service or just writing something up yourself, but poorly drafted documents may only cost you or your heirs additional time and money in the end. If there is anything about a family situation that’s not commonplace, DIY estate planning means taking a large risk that can affect one’s family for generations to come. And only an attorney can determine whether a particular situation qualifies as commonplace. The problems created by not getting competent legal advice probably won’t be borne by the person creating the will, but they may well be shouldered by the person’s children and grandchildren. In addition, uninformed estate planning may have serious unforeseen consequences. For example, many people simply put a son or daughter’s name on the title to their home. This locks the son or daughter as an owner of the property, limiting your ability to sell, mortgage, or change your mind in any respect.

3. **Not planning for disability.** A properly drafted estate plan not only specifies what will happen to your assets when you die; it also plans for what happens if you become incapacitated. It is important to have documents, such as a power of attorney and health care proxy, that appoint someone you trust to act on your behalf if you can’t act for yourself.

4. **Failing to fund a trust.** Once you draft an estate plan, you aren’t done. If your estate plan includes a trust, you need to retitle assets in the name of the trust - or the trust will be useless.

5. **Not checking your beneficiary designations.** You should periodically review your retirement plan beneficiary designations to make sure they aren’t outdated. Retirement accounts do not follow your will or trust—they are distributed according to the forms you fill out with the insurance company. You need to make sure you have named a beneficiary and the beneficiary is who you want it to be.

6. **Not reviewing the plan.** Circumstances change over time and your estate plan needs to keep up with these changes. Major changes that may affect your plan include getting married or divorced, having children, or experiencing an increase or decrease in assets. Even if you don’t have any major changes, you should review your plan periodically to make sure it still expresses your wishes, or has kept up with changes in the law.
Scientists estimate that Americans ages 12 and up now spend most of their time – 10 or more hours a day – sitting and doing things that require little energy. The groups who sit the most are teens and older adults. Sitting for long periods of time has been linked to a wide range of medical problems and a shorter lifespan. The more hours that people spend sitting, the more likely they are to develop diabetes, heart disease, and other conditions. One study has linked sitting to a greater risk for colon, breast and endometrial cancers. A Mayo Clinic physician, who has studied the effects of sedentary behavior for three decades, says that 34 chronic diseases and conditions are associated with excessive sitting.

Older adults who sit too much are more likely to be disabled – regardless of their exercise habits. A study by National Institutes of Health found that extended periods of sitting can shorten your lifespan, even if you exercise. Even people who were exercising a lot – 7 or more hours a week- had an elevated risk for death from all causes if they also watched a large amount of TV (more than 7 hours per day.)

Muscles burn less fat and blood flows more sluggishly during prolonged sitting. Slowed blood circulation causes fluid to pool in the legs, causing problems such as swollen ankles, varicose veins and blood clots. Cells in idle muscles don’t respond as well to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. When you are sitting for a long time, especially if slumping, abdominal muscles get unused. Large muscles in your back and legs are inactive, and this can lead to decreased mobility and a tendency to fall in older people.

If you do have to sit often, sit up straight and move around. Fidget. Move your feet around – do heel and toe raises, foot circles, lower leg lifts. Tighten muscles in your stomach, legs and rear. Better yet, stand rather than sit, whenever you can. Stand when talking on the phone. Stand during TV ads. Do stretches, march in place or walk around the room. Think of other activities you might perform while standing. Dr. James Levine of Mayo Clinic states that if you have been sitting for an hour, it’s too long. For 10 minutes of every hour, you need to be standing up and actively moving.

The muscle activity needed for standing and other movement seems to trigger important processes related to the breakdown of fats and sugars within the body. When you sit, these processes stall – and your health risks increase. When you’re standing or actively moving, you kick the processes back into action. The impact of movement – even leisurely movement- is profound.

(Information from National Institutes of Health, Mayo Clinic, New York Times & Washington Post)
Thank you to the Board committee headed by Gaylene Stiles, Lori Lowe, Charlie Redding, Vickie Escajeda and Mary Wells for the successful April 19th, 2015 fundraiser/silent auction held at Trinity church of the Nazarene.

Mobile Meals of Oklahoma County, Inc. is currently partnering with another organization to offer light bulbs and a person to change out the nonworking ones for Mobile Meals participants. This is one of the many small items that many homebound elderly no longer can do for themselves.

Look for the upcoming Edgar Cruz Concert on September 13, 2015 at 4:00 p.m. at the Church of the Servant United Methodist, 14343 N. MacArthur, in Oklahoma City.

Now that we are heading into the hottest three months of the year in Oklahoma, Aging Services Inc. (ASI) wants to encourage everyone to drink up and stay hydrated. Most everyone has heard the advice “Drink eight 8-ounce glasses of water a day.” Although the “8 by 8” rule isn’t supported by hard evidence, it is popular because it’s easy to remember. If you are having trouble staying hydrated, try these ideas for upping your water intake.

Make water your beverage of choice. When you are eating your meals each day, drink in between each bite. Follow this same routine when you are snacking. Try using a small glass or a shot glass to get some water down quickly. Look at drinking water in the same way you look at taking your medicine each day and be sure to drink plenty of water throughout the day.

Keep a refillable water bottle with you at all times. In the case of water, it is always OK to drink and drive. Try to finish a bottle of water while you are running your errands. Place a pitcher on your dinner table to encourage more water drinking. You can spruce it up by adding cut citrus fruit or cucumber slices. Always order water first when you're eating out. Keep track: record how many glasses or bottles of water you drink each day.

Aging Services Inc. provides a noon meal at each of its 5 sites, Norman Senior Center, Rose Rock Housing (Norman), Noble Senior Center, Eastlake Cumberland Presbyterian Church, and the Brand Senior Center (Moore). You can stay cool and hydrated at a meal site. Call ASI at (405)321-3200 for more information.

WE HAVE BEEN TOLD...SENIOR TRANSPORTATION IS A WELL KEPT SECRET!

WELL, not anymore....HELP EMBARK SPREAD THE WORD!!

A professional driver will pick you up at your home in a climate controlled vehicle for medical appointments, to the grocery store, or to a noon meal site with other seniors. Share a safe and dependable ride, meet new friends, and enjoy the scenery! Embark drivers park right at the door so you don’t need to worry about the weather, or finding a parking place. A donation is requested but not required.

Call Jackie at 297-2583 for more information about all the transportation services provided by Areawide Aging Agency and EMBARK.
Oklahoma County Senior Nutrition Program (OCSNP) is excited to announce their senior community garden “The Mud Pot”. They planted their first crop on Saturday, May 16 and can’t wait to see the fruits of their labor. OCSNP hopes to be able to give fresh fruit and vegetables to any person 60+ in need.

OCSNP is also the recipient of the 2015 Banfield Charitable Trust which has awarded us with $2500.00 to purchase pet food for the next year. In closing please join OCSNP at Joe B Barnes Park on Friday September 4th for the annual senior cookout. This year’s theme is a day at the Carnival.

Well the heat of the summer is upon us but it is air conditioned and comfortable at all of Logan County Aging Services (LCAS) nutrition sites. Come for a great meal and some lively conversation Monday thru Friday. Remember to contact your site managers for reservations.

Reminder, you need to drink more non caffeinated beverages during the hot weather to stay hydrated. Try water with lime, lemon or orange slices, it is very refreshing! LCAS has fans at the office to give away so please contact Michelle 282-1803 for more information.

See you at the sites!

Elder Abuse Affects Many Seniors Across the Nation

What is elder abuse? Elder abuse can include physical, emotional, or sexual abuse. But, it can also be exploitation, neglect, and abandonment. People who commit elder abuse can include children, other family members, and spouses. Also, if in a long-term care facility, it could include staff at nursing homes, assisted living, or residential care facilities.

Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Of each of those, it is estimated only 1 in 14 are reported to authorities. Both men and women abuse elders. Approximately 90% of elder abuse and neglect cases are committed by family members. Approximately two thirds of those are adult children or spouses.

Why are older adults so vulnerable? Social isolation could be one reason. Another is mental impairment, such as someone with dementia. According to studies, roughly half of those elder adults with dementia experience abuse or neglect in their life.

Not all signs of abuse or neglect are physically visible, but some are. Bruises or broken bones are some physical signs. Depression, withdrawal, unusual weight loss, and sudden changes in mood or behavior could also be indicators of abuse.

As Long-Term Care Ombudsman, we try to keep these situations from arising, but we cannot be everywhere at once. If you suspect any of these things are happening to someone you know, please report it to Adult Protective Services. There is no harm in reporting something for which you are concerned. It could help one of your loved ones or a loved one of someone you know.

If you would like more information, please feel free to contact an Ombudsman Supervisor at Area-wide Aging Agency Ombudsman Program, at 4101 Perimeter Center Drive, Oklahoma City, OK 73112, or call (405)942-8500.
The AAA makes no distinction on the grounds of race, color, age, handicap or national origin in the provision of services, financial aid or other benefits, in accordance with the Civil Rights Act of 1964 and the Rehabilitation Act of 1973. A portion of the project costs are met by State and Federal Older Americans Act funds from OKDHS Aging Service Division.

I would like to honor my elderly family member or other Older Oklahoman by making a fully tax deductible contribution to Areawide Aging Agency.

This gift is *In Memory of* ____________________________

This gift is *In Honor of* ____________________________

Please send an acknowledgement to:

NAME: ____________________________________________

ADDRESS: _________________________________________

CITY/STATE/ZIP: ___________________________________

Please indicate on your check if you wish for your donation to support the printing and mailing of the Sage Age newsletter.