



The Advisory

Published on behalf of Disability, Aging & Veteran Services Advisory Councils

133 SE 2nd Ave, Hillsboro • Phone & TTY: 503-640-3489 • www.co.washington.or.us/HHS/DAVS

Aging and Veteran Services Advisory Council

- John Concepcion**
- Patricia Maberry**, Chair
- Betty Pomeroy**, Past Chair
- Dick Schouten**
- Tom Smith**, Vice Chair
- Glenna Wilder**, Secretary

The DAVS Aging and Veteran Services Advisory Council is seeking new members. Council members advise DAVS about how to best serve seniors, their families and caregivers, and veterans and their dependents. If you would like to be considered for this vital role, contact **Janet Long**, 503-615-4651 or Janet.A.Long@state.or.us.

Disability Services Advisory Council

- Sharon Chambers**
- Kathy Newkirk**
- Gene Pann**, Chair

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Oregon Project Independence, Protecting our Seniors

In 1975, the Oregon Legislature passed House Bill 2163, which directed the Department of Human Services to develop and place in effect a program of supportive services to persons age 60 or older and required a fee for service based on the ability to pay.

At that time, there were no other in-home services available other than Medicaid. However, many people were not Medicaid eligible and were "falling through the cracks."



Dolores Nass and State Representative Matt Wingard talk about the importance of OPI.

Research at the time (and currently) show that minimal in-home services could prevent many people from going into long term care institutions like nursing homes. Research also shows that aging in place is important to a vast majority of seniors, and most are concerned with their ability to do so. These factors led to the creation of Oregon Project Independence (OPI).

Through the years, services have changed to meet the growing needs and increased population within the county. The primary services are light housekeeping and bathing assistance although additional services have been available when funding allows.

The Goals for OPI include the following:

- Promote quality of life & independent living among seniors & people with physical disabilities;
- Provide preventive and long-term care services to reduce the risk for institutionalization and promote self-determination;
- Provide services to frail & vulnerable older adults who have limited or no access to other Long Term Care services;
- Optimize personal & community resources

Currently the numbers for Washington County include:

- 89 OPI recipients
- 30 on wait list
- Average hours/month: 17
- Average cost/month: \$257.55
- Private pay rate for Assisted Living Facility: \$2,000-\$6,000
- Private pay rate for Nursing Facility: \$4,000-\$8,000
- Private pay rate for Adult Foster Home: \$1,000-\$5,000

These rates vary for each facility and increase depending on how much care a person needs. As you can see, the numbers show the cost savings of keeping someone in their home.

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The Grandparent Connection

“A grandparent is worth a million smiles.”

–The Navajo Area Agency on Aging

Today more than 70 percent of people over 65 are grandparents, and those numbers will increase in the coming decades. In fact, nearly one-half of today’s grandparents are projected to be great-grandparents.

Not all children have the valuable resource of a grandparent available to them. The Foster Grandparent Program of Metropolitan Family Service provides caring older adults to share their talents and time with children who have special needs. Foster Grandparents make an important difference in the lives of these children by providing individualized one-on-one attention. “Grandma’s” and “Grandpa’s” hug and listen, tutor and mentor, and provide a positive model for kids in head start programs, hospitals, after school programs and public schools in Washington, Clackamas and Multnomah Counties.

As a Metropolitan Family Service Foster Grandparent, you benefit, too! Foster Grandparents who commit 15 hours a week to volunteer are eligible to receive a monetary stipend, bus pass and lunch allowance. These combined benefits can range between \$224 to \$509 a month given the time a Foster Grandparent is willing to spend volunteering. Additionally, Foster Grandparents receive regular, meaningful training and are supported by knowledgeable program staff. Aside from the financial benefits, Foster Grandparents benefit from the less tangible yet documented benefits of volunteering like increased community connections, and improved health, both physical and emotional.

Please contact Heather Pruess at Metropolitan Family Service, **503.249.8215** or heatherp@metfamily.org to receive more information about becoming a Foster Grandparent.



New Administrative Structure for DAVS

In times of shrinking resources, we are on the look out for ways to deliver services effectively yet save money for programs. One way that will help Washington County Disability, Aging & Veterans Services (DAVS) to become more efficient is to change the way we manage services. This will not change the services we deliver, just who administers the Medicaid programs.

Beginning July 1, 2009, Medicaid case management services, which presently report to the DAVS Division Manager, Jeff Hill, will report to the state District Manager, John Filar, from the Department of Human Services, Seniors and People with Disabilities Division. The services provided will remain the same; just the management structure will change. The same case managers will still work with the same clients.

Why this change? Medicaid case managers and their supervisors in the Medicaid program have always been state employees and paid by the state. By changing management, the chain of command returns to the Department of Human Services, Seniors and People with Disabilities Division. This simplifies the administration of programs by eliminating an administrative step.

Washington County DAVS will still administer the Older American Act, Oregon Project Independence, Lifespan Respite, SHIBA and the Veterans’ programs. As the client, you will see no difference in the way services are delivered.

To access services or for information and assistance, please continue to call 503-640-3489.

Nominate a Senior!

2009 Senior Fitness Leadership Awards

The **Governor's Council on Physical Fitness and Sports** is an organization of fitness, health, physical education, medicine, recreation, and sports professionals acting under appointment by Governor Ted Kulongoski. The mission of the Council is to empower lifestyle change in Oregon's citizens of all ages and abilities through promoting and sponsoring physical activities. One of the goals is to recognize and award individuals, communities, organizations, and businesses that make outstanding contributions in physical fitness, sports and wellness.

One local resident of your community may be nominated each year for the Senior Fitness Leadership Award and may be awarded to any worthy citizen **55 years or older**. The individual will receive a personalized Fitness Leadership Award from the Oregon Governor's Council on Physical Fitness and Sports that will be personally signed by the Governor.



Some criteria for the individual awards may be (not exclusive):

Success in the development or promotion of a group or community physical fitness or sports program; **Promotion** of health, fitness, or sports through projects, speeches, and/or

publications; **Sponsorship** of a community fitness, or sports project influencing the attitudes toward a healthful lifestyle; **Volunteer** service to a community positively affecting the health and physical fitness of Oregonians.

The Council will also be presenting a Senior Fitness Leadership Award to qualified residential senior communities and/or senior day centers, or any other senior organizations in special recognition for their contribution to the physical fitness and wellness of their citizens. The organizations selected receive a Senior Program Leadership plaque with the Seal of the State and the signature of the Governor.

All nominations must be **received** by email or mail by **August 31, 2009**. To request an application or if you have questions, please contact Tom Faszholz by phone at 503-693-9185 or email him at faszholz@earthlink.net.

Medicaid

Disability Advisory Council Recruitment

The Department of Human Services, Seniors and People with Disabilities Division, is looking for additional participants for their Disability Services Advisory Committee (DSAC).

The purpose of the DSAC is to serve as the advisory council to Washington County as prescribed under Federal and Oregon state laws.

The responsibility of the Council is to:

1. Recommend basic policy on behalf of people with disabilities.
2. Assist in the development of the Strategic Plan.
3. Advocate for issues germane to improving the quality of life for those the Department serves.
4. Work on other issues such as advising on implementing Policy Transmittals and Action Requests, surveying local clients, and assessing local office accessibility.

DSAC Meetings are open to the public and are generally held the **second Tuesday every other month @ 1:30**. If you are interested in attending or becoming a member, please contact the DSAC at washcodsac@gmail.com.

Nutrition

MEOW! WOOF! Pet "Food Banks"

One year ago, the Cat Adoption Team (CAT), Sherwood's only animal shelter, realized a need and opened the doors to its Cat Food Bank; a place where cat owners coping with the bad economy could pick up food to feed their companion cat(s).

The Cat Food Bank is open the first Sunday of every month, from Noon to 2:30 p.m. at CAT's Sherwood Shelter and provides enough cat/kitten food to feed up to four owned cats for a month. The shelter is located at **14175 SW Galbreath Dr. Sherwood 97140**, just across from the Sherwood DMV. People have come from SE Portland, Wilsonville, Tualatin, and just around the corner in

Sherwood. You do not have to be a resident of Washington County to receive this cat food assistance; all you have to do is provide your own transportation to the shelter and you can receive the food.

"When we opened the doors for the first time in June 2008, there was a line! This was the right thing for CAT to do."

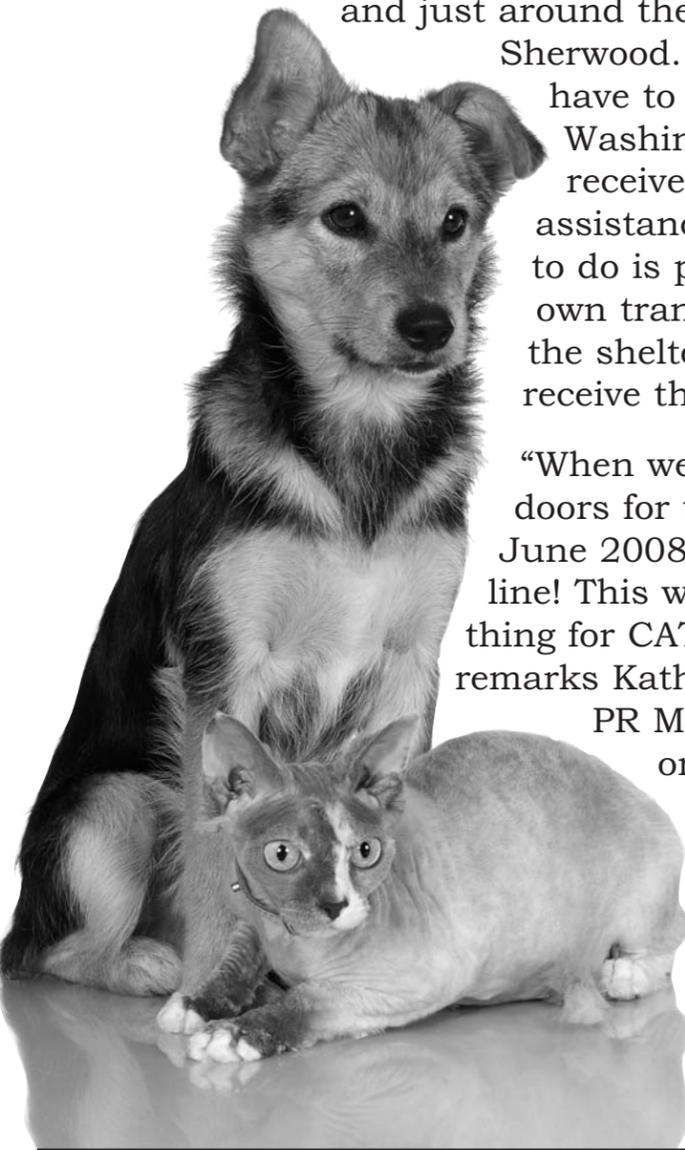
remarks Kathy Covey, CAT's PR Manager and the organizer of the Cat Food Bank. "CAT wanted to make sure that as budgets get tighter, cat owners don't have to choose

between paying the electric bill and feeding their pet." The Cat Food Bank is an important step toward helping challenged families and individuals keep their pets at home and out of the animal shelters.

Over the year, the Cat Food Bank has given out a staggering 10,325 pounds of dry cat/kitten food and 2,127 cans of cat food to feed an average of 114 cats every month. In May 2009, 1,574 pounds were distributed. Some people need to come every month; others use the assistance for a few months while their need is at its highest. Former recipients have also become donors once their situations improve. Donations of unopened, unexpired bags of dry cat/kitten food, scoopable litter, or cash donations are always accepted. Visit catadoptionteam.org for details.

As CAT distributes the food to cat owners, volunteers also provide information about other resources, including subsidized spay/neuter services and behavior tips.

For Dog owners, a location in Clackamas County assists those in financial need with a one month's supply of food for up to four dogs or puppies. Located next to the Clackamas County Dog Shelter at **2106 Kaen Rd., Oregon City, 97045**. FIDO's Dog Food Bank opened its doors in February 2009 to assist financially challenged pet owners to keep from having to relinquish their beloved family dog due to the cost of its care and feeding. The Dog Food Bank is open the 3rd Saturday of every month from 10:00 am to 1:00 p.m. FIDO will also provide information on subsidized spay/neuter programs and low-cost Rabies and micro-chipping. The Dog Food Bank is also open to non-residents of Clackamas County who can provide their own transportation to the site. Visit their web-site at Fido-Clackamas.org



Oregon Project Independence continued from page 1

Due to the importance of this program, we asked several OPI recipients in Washington County if they would consider going to the Capitol to talk to Legislatures to advocate in support of OPI. A total of five seniors accepted our request and lobbied at the State Capitol on April 30th. They enthusiastically shared their experiences and needs for the program and were heard and acknowledged by many. Their stories touched the hearts of those who listened.

It is clear that the services of OPI as well as other programs for Seniors and People with Disabilities are crucial! You may be asking, "What can I do to help?" There are multiple ways you can contribute. Join advocacy networks to receive the latest information on what's happening at the capitol and with the budget. You can subscribe to this information by emailing [O4AD @ info@o4ad.org](mailto:O4AD@info@o4ad.org) or call them at 503-643-8692 to get involved. Call, email or fax your legislators. You can find their information on the website listed above and go to "advocacy" and look them up.

You can also join the local Advisory Council and/or attend the meetings held here in Washington County. For more information, please contact Janet Long at 503-615-4651.

The Family Caregiver Advisory

“Caring For You ...Caring For Others”

Welcome to the Family Caregiver Advisory.

If you're a caregiver – a family member, friend, or neighbor who helps care for an elderly individual or person with a disability who lives at home – this section is for you. Here, you'll find information about:

- finding supportive services in our community;
- caregiving resources;
- where to find help;
- ways to take care of others and yourself;
- joining a caregiver support group; and
- other useful resources and ideas.

Caregiving may be one of the most important roles you will undertake in your lifetime. It is typically not an easy role, nor is it one for which most of us are prepared. The DAVS Family Caregiver Program offers a variety of resources to help. For more information, call us at 503-615-4676.

Falls & Home Safety

Things You Can Do

Falls can occur any time, any place and to anyone while doing everyday activities such as climbing stairs or getting out of the bathtub. Simple safety modifications at home—where 60 percent of seniors' falls occur—can substantially cut the risk of falling. Protect the person in your care and yourself from falls with simple changes in furniture arrangement, housekeeping and lighting.

Risk Factors

The causes of falls are known as risk factors. Although no single risk factor causes all falls, the greater the number of risk factors, the greater the probability of a fall and the more likely the fall will threaten personal independence.

Some people believe that falls are a normal part of aging, and as such are not preventable. But many risk factors are preventable. As obvious as it may sound, a lack of knowledge about risk factors and how to prevent them contributes to many falls.

Falls are the leading cause of injuries to older people in the United States. The number of falls and the severity of injury increase with age. While some risk factors for falls, such as heredity and age, cannot be changed, several risk factors can be eliminated or reduced.

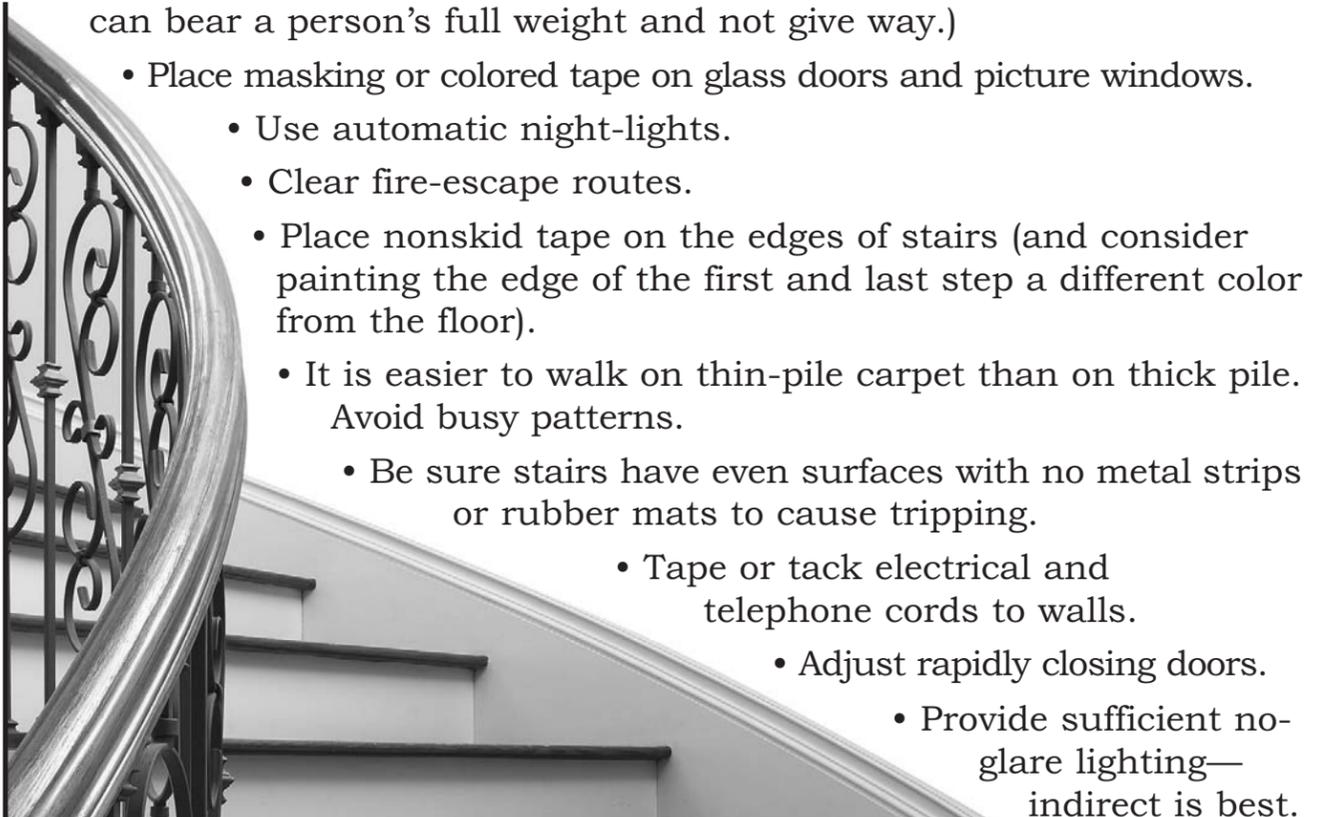
Home Adjustments

Make the home safe by following as many of these steps as possible:

- Remove unnecessary furniture. Place remaining furniture so there's enough space for walkers or wheelchairs. This avoids the need to move around coffee tables and other barriers.
- Once the person in your care has gotten used to where the furniture is, do not change it.
- Make sure furniture will not move if it is leaned on.
- Make sure the armrests of a favorite chair are long enough to help the person get up and down.
- Have a professional carpenter install railings where a person might need extra support. (A professional installation ensures that railings can bear a person's full weight and not give way.)
 - Place masking or colored tape on glass doors and picture windows.
 - Use automatic night-lights.
 - Clear fire-escape routes.
 - Place nonskid tape on the edges of stairs (and consider painting the edge of the first and last step a different color from the floor).
 - It is easier to walk on thin-pile carpet than on thick pile. Avoid busy patterns.
 - Be sure stairs have even surfaces with no metal strips or rubber mats to cause tripping.
 - Tape or tack electrical and telephone cords to walls.
 - Adjust rapidly closing doors.
 - Provide sufficient no-glare lighting—indirect is best.

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Reducing Risk Factors

Older adults can take several steps to reduce their risk of falling.

Exercise regularly. Exercise programs like Tai Chi increase strength and improve balance.

Ask a doctor or pharmacist to review medications, both prescription and over-the-counter, to reduce side effects and interactions.

Have vision checked by an eye doctor at least once a year.

Get up slowly after eating, sitting or lying flat.

Dress Appropriately

- Wear properly fitting shoes with nonskid soles.
- Tie your shoe laces.
- Replace loose, shapeless slippers.
- Use a long-handled shoehorn if you have trouble putting on your shoes.
- Avoid high heels and shoes with smooth, slick soles.
- If unsteady, use a cane or walker.
- Never walk in your stocking feet.

*Source: National Center for Injury Prevention and Control, Division of Unintentional Injury Prevention
<http://www.cdc.gov/ncipc/factsheets/adultfalls.htm>*

Fast Facts

More than one-third of adults 65 and older **fall each year** in the United States.

Among older adults, falls are the leading cause of injury deaths.

They are also the most common cause of nonfatal injuries and hospital admissions for trauma. Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.

Women are 67% more likely than men to have a nonfatal fall.

Home Safety - Quick Check

Bedroom

- Place a lamp, telephone and flashlight near the bed.
- Make sure beds are easy to get into and out of.
- Replace satiny sheets and comforters with nonslippery.
- Arrange clothes in the closet so that they are easy to reach.
- Keep clutter off all floors.

Kitchen

- Non-skid mats or rugs only.
- Clean up spills immediately.
- Store food, dishes and cooking equipment within easy reach.
- Don't stand on chairs or boxes to reach upper cabinets.
- Use nonskid floor wax.

Bathroom

- Place rubber mat in shower and tub.

*Source: The American Academy of Orthopaedic Surgeons (AAOS).
For more information on "Prevent Injuries America!," call AAOS
public services at 1-800-824-BONES (2663).*

Taking Care of Yourself

Get a Pedometer



In his book *Anatomy of Illness*, Pedometers—simple devices costing around \$25 are

surprisingly effective at motivating to become more active, which pays big health dividends including weight loss, reduced stress and cholesterol levels, and lower blood pressure. Studies show that sedentary adults given a pedometer walked more than 2,000 extra steps a day—roughly a mile—and lost weight and blood pressure fell enough to significantly reduce the risk of stroke.

As adults, Americans gain an average of two pounds a year. Two-thirds of U.S. adults are overweight. Half don't get the minimum 150 minutes a week (30 minutes, five days a week) of moderately intensive exercise recommended for a healthy heart.

Walking 10,000 steps a day can help. To reach this daily goal, you'll need to take a few brisk walks on top of your regular activities. Walking can rack up 3,000 to 4,000 steps in 30 minutes. The Web site www.pedometers.com/reviews.asp offers detailed reviews of pedometers. AARP members chart their step count online at www.aarp.stepuptobetterhealth.com

Note

Age-related vision problems increase the risk of falling. Cataracts and glaucoma alter older people's depth perception, visual acuity, peripheral vision and susceptibility to glare.

Abuse & Neglect

Love Shouldn't Hurt

Although tensions can mount in the most loving families and result in frustration and anger, an emotionally damaging or physically forceful response is not okay. When this happens, call for a time-out, and call for help.

You may find it difficult to imagine that the words “abuse” and “neglect” could be used to describe the way you treat the person in your care—whether he is a relative, friend, or client. Most caregivers do their best, but abuse and neglect can happen.

Physical abuse is defined as using force or violence (pushing or slapping) to get a person to do something, or using confinement or restraints (over-medicating, tying hands) to prevent a person from doing something.

The dangers of physical abuse are easy to see, but emotional abuse is also unhealthy and damaging. Continued shaming, harsh criticism, or controlling behaviors can damage the self-esteem of either person.

Neglect is defined as providing inadequate food, water, clothing, shelter or help with personal hygiene and health care. (When medically and legally sanctioned, the withholding of nutrition and hydration at the end of life or when a person is in hospice care is not defined as neglect.)

People with dementia are especially vulnerable to mistreatment. Understanding dementia, knowing how best to communicate with a person with dementia, and having adequate support for yourself can go a long way toward preventing these very upsetting situations.

Knowing the Signs

Knowing the signs and symptoms of abuse can help you determine if a problem exists.

Signs and symptoms may include:

- Physical injury—Bruises, cuts, burns or rope marks; broken bones or sprains that can't be explained.
- Emotional abuse—Feelings of helplessness, a hesitation to talk, fear, withdrawal, depression, feelings of denial or agitation.
- Lack of physical care—Malnourishment, weight loss, poor hygiene, as well as bedsores, soiled bedding, unmet medical needs.
- Unusual behaviors—Changes in the person's behavior or emotional state, such as withdrawal, fear or anxiety, apathy.
- Changes in living arrangements.
- Unexplained changes, such as the appearance of previously uninvolved relatives or newly met strangers moving in.
- Financial changes—Missing money or valuables, unexplained financial transactions, unpaid bills despite available funds, or sudden transfers of assets.

Be alert to the senior's comments about being taken advantage of.



Types of Elder Abuse

Sometimes caregivers become exhausted, and resentment starts to build, especially when caring for someone with dementia or a very difficult or abusive person. Elder abuse can take many forms:

- Neglect—Refusing to provide food, medicine and personal care such as bathing or helping a person with toileting; over-medicating; or withholding eyeglasses, dentures or walking aids.
- Physical violence—Slapping, kicking or sexual abuse.
- Emotional abuse—Intentionally keeping the person from friends and family; verbally attacking or demeaning him.
- Financial abuse—Stealing money, credit cards or property; tricking a senior into signing documents, such as wills.

If a senior's behavior changes and appears to be fearful of a caregiver or family member and you suspect elder abuse, contact the Adult Protective Services Agency in your county department of human services or call your local Area Agency on Aging for guidance.

Save the Date

**Sixth Annual
Washington County Family
Caregiver Conference**

FREE

Friday, November 20, 2009

Tuality Health
Education Center
334 SE Eighth Avenue
Hillsboro, OR 97123

Featuring topics of importance to family caregivers providing care in challenging times
Sponsored by: WCDAMS – Family Caregiver Support Program, Tuality Health Care, & OSU Extension Service

**CALL: 503-615-4676 TO
SAVE YOUR SPACE!**

Taking Care of Yourself

Hobbies to Reduce Stress

Between caregiving and work, you may have little time or energy left for hobbies like crafts, painting or music. But without them, life feels mundane. What can you do about it? Squeeze them in, even if it's for just a few minutes at a time, because those moments improve your mood and your mind-set.

When you're really engaged in a hobby you love, you lose sense of time and enter what's called a flow state—and that restores your mind and energy. Making time for enjoyable activities stimulates parts of the brain associated with creative and positive thinking. You become more emotionally and intellectually motivated.

Hobbies also enhance self-esteem and self-confidence. Feeling that you are solely defined by your job—even if it is going well—can raise your chances of experiencing anxiety, depression and burnout, because you don't have a perception of yourself outside of work.

No time? Start thinking of your hobby as something that helps you professionally as well as personally—you won't feel so guilty about making time for it.

Instead of just spending your "down time" in front of the TV, practice your hobby instead.

Inspiration

Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can

~John Wesley

Elder Financial Abuse

Predators robbing seniors of their hard-earned savings has been called "the fastest-growing crime in the country."

Most seniors never report abuse, because they're too scared or too ashamed, especially when the bad guy is a family member or caregiver. The National Center on Elder Abuse estimates that only one in four cases are reported.

Unscrupulous people manipulate elderly people into giving their consent for financial transactions, be aware of:

- Sudden changes in a senior's banking habits
- Checks written to unusual recipients or large credit card transactions
- Sudden transfer of assets to a family member or acquaintance without a reasonable explanation
- Complaints of stolen or misplaced Social Security and pension checks or credit cards
- New signatories added to an elder's account
- Abrupt changes in a will or other financial documents

WASHINGTON COUNTY GRANDPARENTS RAISING GRANDCHILDREN GROUP

**A FREE monthly group for grandparents
who are raising their grandkids**

Held at GENTOG (Generations Together)
11535 SW Durham Rd., Tigard

- Meet other grandparents parenting the second time around
- Learn about resources for children, teens and grandparents
- Have support, encouragement and fun

**FOR INFORMATION, CONTACT LINDSAY NYE, MA
@ 503-684-6289**

*Provided by Misty Mountain Family Enrichment Center and the
Washington County Family Caregiver Support Program*

FREE FAMILY CAREGIVER TRAINING

For family members or other non-paid caregivers
providing care in the home

Next Training:

**Thursdays, October 1, 8, 15, 22 & 29
1:00 p.m. - 4:00 p.m.**

No Worries In-Home Care
8285 SW Nimbus Avenue, Suite 150, Beaverton, OR

Training consists of five, 3-hour classes and
will feature presentations by:

Melinda Reed, RN, No Worries In-Home Care

Matt McCann, McCann's Medical

Kirsten Stensland, J.D., Elder Law Attorney

Deborah Letourneau, MSW, WCDAMS

Glen Patrizio, MD, Providence Hospice

Mike Kimoto, Family Memorial Services

CALL TODAY TO REGISTER: 503-615-4676

Veterans View

Honoring Service, Honoring Sacrifice

Veteran Services Office Supports "Stand Down"

Washington County's new Veteran Outreach Coordinator, **Jim Palmer** represented the Veteran Services Office on June 3, 2009 at a one-day Veteran "Stand Down" and Job Fair hosted by Central City Concern to target homeless veteran concerns.

The event offered a broad range of necessities including food, Veteran Services advice, medical, legal and mental health assistance, haircuts, access to nearly 40 employers and some essential companionship and camaraderie.

Although there are no solid numbers to determine how many Veterans are homeless, the Department of Veterans Affairs estimates that approximately 23 percent of the homeless are Veterans. That number is expected to grow because about half of the troops serving in Afghanistan and Iraq have returned to civilian life. Some key factors that are linked to a Veteran becoming homeless, according to a recent report by the Governor's Task Force on Veterans Services, include isolation within the first year after leaving the military as well as divorce, separation from a spouse or if they are single.

The hand-up not a hand-out philosophy of "Stand Down" is carried out through the work of hundreds of volunteers and organizations around the nation.

Oregon International Air Show Reminder!

Free Admission for US Armed Forces Sunday, August 30th.

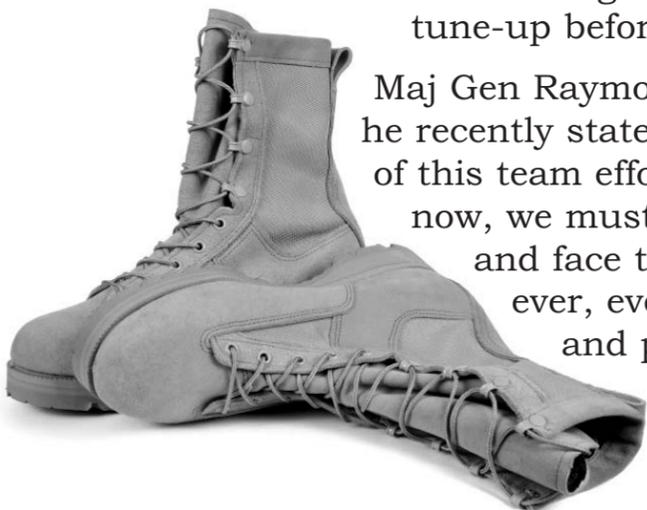
Every year, the Oregon International Air Show honors those who are currently serving or have served our country with complimentary admission to the Sunday Air Show. This year is no different.

In honor of the many that have served our country, The Oregon International Air Show will be giving FREE general admission on Sunday, August 30th to all who are presently serving, or have served, in the military. This includes all active, retired and honorably discharged military. Just bring your DD214 or Military ID and a driver's license or other state-issued picture identification with you to the show and you will be admitted at no charge.

Salute to 41st IBCT in support of Operation Iraqi Freedom

The mobilization of the Oregon Army National Guard's 41st Infantry Brigade Combat Team is well underway. The unit is sending 2,700 Oregon soldiers to Iraq. They will be augmented by up to 800 more soldiers from six states to round out the Brigade's strength to 3,700 members. This is the largest deployment of an Oregon National Guard unit since World War II. This mighty brigade has successfully completed an arduous training session at Camp Roberts, Calif. and four mobilization ceremonies from Portland to Central Point. The brigade is now training at Fort Stewart, GA., and is undergoing its final tune-up before heading overseas in July.

Maj Gen Raymond F. Rees is the Adjutant General for the Oregon National Guard and he recently stated in the May 2009 edition of the Oregon Sentinel, "We can all be proud of this team effort. The 41st IBCT will represent us well. We wish them Godspeed. But now, we must turn to each other; Army and Air Guard, officer, warrant, and NCO and face the fact that we have many important tasks before us. Now, more than ever, every Oregon National Guard member here at home must be personally and professionally ready because 2,700 of our finest won't be in our borders until April 2010. Link arms and lean into the wind."



National Coalition for Homeless Veterans Conference

WASHINGTON, D.C. – On May 21, 2009, the Secretary of the Department of Veterans Affairs (VA) Eric K. Shinseki addressed the **National Coalition for Homeless Veterans National Conference (NCHV)** at the Hyatt Regency Crystal City in Arlington, Virginia. “President Obama has made it clear that homelessness among Veterans is unacceptable,” Secretary Shinseki said. “We have a moral duty to prevent and eliminate homelessness among Veterans.”

During the conference Secretary Shinseki announced that VA is creating a national center on homelessness among Veterans. The center is VA’s first opportunity to develop, promote and enhance policy, clinical care, research and education to improve homeless services, so that Veterans may live as independently as possible in a community of their choosing.

Secretary Shinseki highlighted some of the programs VA has to assist homeless Veterans:

- **Health Care for Homeless Veterans (HCHV) Program**—Established since 1987, the program now has 132 sites with extensive outreach, physical and psychiatric examinations, treatment, referrals and on-going case management services.
- **Domiciliary Care for the Homeless (DCHV) Program**—Started with 13 medical centers, and has grown to 2,000 operation beds at 40 sites today. Rehabilitative residential services are offered on VA medical center grounds or in the community to eligible Veterans.
- **Homeless Providers Grant and Per Diem (GPD) Program**—Authorized in 1992, it provides grants and per diem payments to help public and nonprofit organizations establish and operate supportive transitional housing and service centers. Today, VA partners with more than 500 community organizations and has authorized 15,000 beds through the GPD program.
- **Stand Downs for homeless Veterans**—One- to three-day events designed to provide homeless Veterans and their families a variety of services. In 2008, more than 30,000 Veterans and 4,500 family members received outreach services from Stand Downs aided by 24,500 volunteers.

Should You Update Your VA Disability Claim?

Veterans with a long held VA rated service-connected disability should consider a re-evaluation for a higher disability rating. Typically a disability doesn’t get better with age, it gets worse. If the medical condition worsens, that may be grounds for an increased rating.

Often there are other disabilities that come about due to the original medical condition. For instance, if you have a disability for a bad back and your hips or legs are now bothering you, they may be related. Sometimes because of one condition, we change our pattern of walking, gait, or physical activity because of the original disability.

A medical condition that is aggravated or caused by an existing service-connected disability is referred to as a condition “secondary” to the original disability. These are the easiest to prove, since the original disability has already been approved by the VA.

If you are already VA service-connected disabled for one condition and you believe you now have additional medical issues you should consult with your VA or private primary care provider. Often a simple medical statement from the physician linking the secondary condition to the primary is enough to prove your claim.

If you have a VA rated service-connected disability and it has been a long time since it was evaluated by the VA or you believe the condition has worsened, you are encouraged to contact the

Washington County Disability, Aging and Veteran Services Division for a consultation.

Call us for an appointment!
We can be reached at **503.846.3060**.



Mobile Veteran Outreach Van

The Department of Veterans Affairs will have a mobile Veteran Outreach Van available in Washington County to provide veterans and homeless veterans with:

- Access to shelter/housing programs and VA Medical Center services
- Clothing, socks, footwear, etc.
- Links to other resources in the greater metro-area

Walk-ins accepted, no appointment necessary.
The van is available from 10am – 1pm on:
Friday, July 24 and Friday, August 28
Worksource Oregon Employment Department
265 SE Oak Street, Hillsboro, OR 97123

SHIBA

WHAT DO I DO ABOUT MEDICARE? (now that I'm turning 65)

Submitted by Darlene McMacken, Certified SHIBA Volunteer

If you took the option of receiving Social Security payments prior to age 65:

1. Medicare will automatically send you your Medicare Card indicating that your Medicare coverage for Part A (hospital coverage) and Part B (medical coverage) will begin the first day of the month you turn 65.
2. You can refuse Part B. If you have no medical insurance coverage or your medical coverage is not as good as Medicare coverage, you will pay a penalty if you sign up for Part B later.
3. You have seven (7) months to sign up for Part D (prescription drug coverage) – three (3) months prior to your birth month, your birth month, and three (3) months after your birth month. Unless you have creditable coverage through another insurer, you will pay a penalty if you sign up later.
4. You must decide how you want to receive your health care.
 - a. Original Medicare:
 - i. Pays 100% of hospital expenses and 80% of most medical expenses after you pay the deductible (for 2009 that is \$1068 per hospital admission and \$135 for medical expenses). Prescription drug coverage is not included in Original Medicare. You must buy a separate drug plan.
 - ii. With Original Medicare you can buy a supplemental Medigap insurance policy which picks up co-pays and deductibles for Medicare covered items. Which co-pays and deductibles covered as well as premiums vary with the Medigap plans.

- iii. You may want to get help making comparisons from a volunteer from SHIBA (Senior Health Insurance Benefits Assistance). In Washington County, call 503-615-4696.

b. Medicare Advantage Plan:

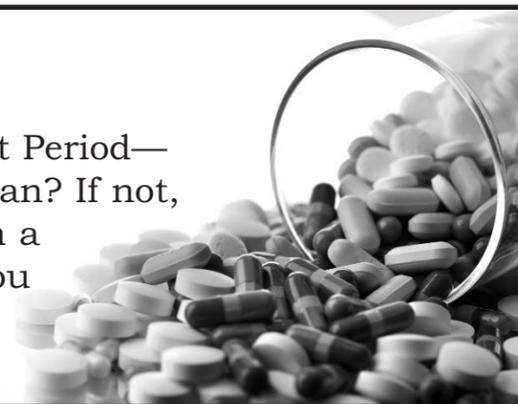
- i. You may choose an HMO (health maintenance organization), PPO (preferred Provider Organization), or a PFFS (Private Fee For Service). Many Medicare Advantage plans offer Prescription Drug Coverage as part of their overall health care plan (you pay one premium for both). Plans vary in coverage and cost although they must cover everything that Original Medicare covers.
- ii. You may want to get help making comparisons from a volunteer from SHIBA (Senior Health Insurance Benefits Assistance). In Washington County, call 503-615-4696.

If you are not already receiving Social Security payments:

1. YOU MUST CONTACT YOUR SOCIAL SECURITY ADMINISTRATION OFFICE AND SIGN UP FOR MEDICARE!! It is recommended that you do this three (3) months prior to your birth month. You will receive your Medicare Card indicating that your Medicare coverage for Part A (hospital coverage) and Part B (medical coverage) will begin the first day of the month you turn 65.
2. Steps 2 through 4 are the same as for those who took their Social Security payments prior to age 65.

ATTENTION!!

Prescription Drug Coverage can be changed during the Annual Enrollment Period—November 15th to December 31st every year. Are you satisfied with your plan? If not, you will want to look at other plans starting about October 1st. If you are in a Medicare Advantage Plan (HMO, PPO, PFFS) that includes drug coverage, you must change health plans to change drug plans. SHIBA (Senior Health Insurance Benefits Assistance) volunteers can help. **Call 503-615-4696.**



SHIBA "Expert", Never Forgotten

Mike White, a Certified SHIBA Volunteer for over four years, passed away on May 17th. As a SHIBA Volunteer, Mike contributed over **800 hours** and helped more than **400 people** with Medicare in Washington County.

Mike gave a lot to his community and his generosity was far-reaching. This past year, Mike befriended a Veteran and helped him move into a retirement home and subsequently, to a foster home. On numerous occasions, Mike would allow time in his schedule to take the Veteran to the VA Hospital. He was the SHIBA "expert" at the Forest Grove Senior Center and he also gave several presentations in the community. He will surely be missed.

APS/Elder Safe

Understanding Adult Protective Services

Adult Protective Service (APS), caseworkers are the first responders to reports of abuse, neglect, and exploitation of vulnerable adults. Below is a summary of how the APS system works:

Report is Made

- Someone suspects elder or vulnerable adult abuse, exploitation, or neglect
- Person calls an abuse hotline to report suspicion. In Washington County, call 503-640-3489 or DHS at 1-800-232-3020
- If determined as an emergency, APS immediately forwards report to police or emergency medical staff
- If the report does not meet the APS target population, the caller will be given information and/or referral to an appropriate agency
- Report is assigned a priority response time based on the level of victim risk
- Report is assigned to APS staff for investigation

Investigation

- APS staff makes contact with victim within state-regulated timeframe, depending on the reported urgency of the situation
- Caseworker assesses current victim risk factors
- Caseworker assesses victim's capacity to understand current risk and to give informed consent to further investigation and service provision

Support

- With consent from the victim, APS caseworker develops service plan
- Services may be provided directly by caseworkers, though arrangements with other community resources, or purchased by APS on a short-term, emergency basis
- Victims of abuse, neglect, or exploitation may receive short-term services such as emergency shelter, home repair, meals, transportation, help with financial management, home health services, and medical and mental health services
- APS caseworker may continue to monitor service provision to assure that risk is reduced or eliminated

If Victim Refuses Service

- Victims who have the capacity to understand their circumstances have the right to refuse services, regardless of the level of risk
- Competent adults have the right to refuse an APS investigation
- APS caseworker may refer victim to other resources
- Case is closed



Disability, Aging & Veteran Services
133 SE 2nd Ave.
Hillsboro, OR 97123-4026
Address Services Requested



Calendar of Events

Aging and Veteran Services Advisory Council

Thursday, July 23rd , 9:00 a.m. – Noon

**Washington County Disability, Aging and Veteran Services
133 SE Second Ave., Hillsboro**

Thursday, August 27th , 9:00 a.m. – Noon

**Washington County Disability, Aging and Veteran Services
133 SE Second Ave., Hillsboro**

Washington County Council on Aging, Inc.

Monday, July 13th , 1:00pm

**Tualatin/Durham Senior Center
8513 SW Tualatin Rd., Tualatin**

Monday, August 10th , 1:00pm

**Elsie Stuhr Center
5550 SW Hall Blvd., Beaverton**

The Advisory Rebecca Tabra

To receive a copy of *The Advisory* call 503-615-4646 (TTY: 503-640-3489)
or view *The Advisory* on the Web at

www.co.washington.or.us/News/Newsletters/theadvisory.cfm