Older Americans Month 2011—
Connecting the Community

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

In honor of this month, Washington County Disability, Aging & Veterans Services will soon implement a Benefits Enrollment & Access program, which is a two year grant designed to enhance access to information, assistance and enrollment of available benefits for eligible seniors and persons with disabilities in Washington County.

Through this initiative, DAVS will provide on-site outreach and enrollment events as well as enlist volunteers to provide community based or in-home assistance, call center and walk-in help to targeted individuals who have limited income and resources.

DAVS will utilize wireless laptops and in-house computer access to screen individuals using BenefitsCheckUp and assist in the completion and submission of applications for public benefits programs including Medicare Part D Low Income Subsidy "extra help", Medicare Savings Programs, Oregon Prescription Drug Plan (OPDP), Medicaid, Supplemental Nutrition Assistance Program, Low Income Home Energy Assistance, and Senior, Disabled and Veteran Tax Deferral and Veteran Benefits. Benefits Enrollment & Access will be available to the public beginning in May 2011.

The theme of this year’s celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back to their communities.

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and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

To learn more about Benefits Enrollment and Access, or to volunteer for this program, please call Washington County Disability, Aging & Veteran Services at 503-846-3060.

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Seniors and People with Disabilities Office Practices Lean Daily Management Systems

The support staff at the Hillsboro Senior and People with Disabilities office received Lean Daily Management Systems (LDMS) training from Sudha Ramakrishnan in December of last year.

Lean Daily Management System® (LDMS) gives a common system for communication, taking action and evaluating results, and is one of the primary systems being used by Department of Human Services currently as a way of looking to reform themselves into a World Class Organization where customer service is valued and waste in government is eliminated, leaving only the value of the service being provided.

Key Elements

The LDMS is an integrated management process that consists of five key elements:

- Primary Visual Display - The PVD contains critical work group information and provides immediate status of work group metrics
- Daily Work Group Meeting - This daily communication meeting is no more than 10 minutes in length and serves as a forum for discussing important issues and implementation progress
- Kaizen Action Sheet System - This is a method for capturing small improvement suggestions within the work group
- Short Interval Leadership - This is periodic, regular contact by the supervisor or lead with each employee within the work group
- 20 Keys® - The 20 Keys drive work group assessment and long-term improvement planning

Benefits

- Improves employee autonomy and commitment through involvement
- Improves perceptions of management and executives through a tie-in to the vision/strategy of the organization
- Improves productivity and reduces costs
Public Disclosure Files

Our agency can’t provide recommendations for specific long-term care facilities, but if you’re considering a move into one of the many care facilities in our area, there is a tool available that provides an extensive overview of licensing issues and Adult Protective Service cases of every licensed facility in Washington County. This tool is known as the Public Disclosure File and it’s available to you in our Hillsboro office.

Public Disclosure Files (PDFs) are maintained for the following:

- Adult Foster Homes
- Residential Care Facilities
- Assisted Living Facilities
- Nursing Facilities

Seniors and People with Disabilities investigates complaints of abuse or neglect in the above facilities, and copies of these investigations are available to the public via the PDFs. Items such as names of the complainant, victim, witnesses, and perpetrator are confidential and are not included in these files. Additional information regarding a particular facility, such as license applications, inspection surveys and conditions placed on a facility are also retained in the PDFs.

If you want to review a PDF, come to our office at 133 SE 2nd Ave. in downtown Hillsboro. There you can ask the receptionist to view the file for the particular facility or facilities you’re interested in and the files will be brought to you for review. Files cannot be removed from the office and unfortunately, we can’t provide you with copies but you can review the files for as long as you wish. If you have questions regarding anything you read in the PDF, just ask the receptionist for assistance.

Electronic Payments Are A Must

By Alan Edwards

Social Security Public Affairs

For years, Social Security has stressed the convenience, security, and safety of getting benefit payments electronically. Soon, direct deposit (or Direct Express) will not only be the best way to receive Federal benefit payments — it will be the only way. That’s because the U.S. Department of the Treasury announced a new rule that will phase out paper checks for Federal benefit and non-tax payments by March 1, 2013.

Here is how the transition will work.

Anyone applying for Social Security or Supplemental Security Income (SSI) benefits on or after May 1, 2011, will receive their payments electronically, while those already receiving paper checks will need to switch to electronic payments by March 1, 2013.

Anyone already receiving their benefit payments electronically will continue to receive their payment as usual on their payment day.

People receiving benefits have the option of direct deposit to a bank or credit union account (of their choice) or into a Direct Express® Debit MasterCard® card account (a Treasury-recommended prepaid card option). You can visit www.GoDirect.org to learn more.

Social Security, SSI, Veterans Affairs, Railroad Retirement Board, Office of Personnel Management benefits, and other non-tax payments are included.

For most people getting monthly benefits, this won’t really be a change; already 8 out of 10 beneficiaries receive payments electronically.

Why do the push for electronic payments instead of paper checks received in the mail?

- It’s safer: no risk of checks being lost or stolen;
- It’s easy and reliable: no need to wait for the mail or go to the bank to cash a check;
- It saves taxpayers money: no cost for postage and paper and printing;
- It saves you money: no check-cashing fees or bank fees; and
- It’s good for the environment: it saves paper and eliminates transportation costs.

If you still get your check in the mail, you don’t need to wait for the new rule to go into effect to enjoy the benefits of electronic payments. Please visit www.godirect.org today and begin getting your Social Security and SSI payments the safe, easy, inexpensive, and green way — electronically.
Oregon National Guard Develops Fort Oregon Network of Care for Veterans, Service Members, Their Families and Service Providers

The Oregon National Guard has launched a breakthrough Web solution for individuals, families and agencies concerned with veterans’ issues. The Fort Oregon Network of Care for Service Members, Veterans & Their Families is an online information place that provides critical information, communication and advocacy tools with a single point of entry. It ensures there is “No Wrong Door” for those navigating the system of veterans’ services.

Regardless of where veterans, service members, and their families begin their search for assistance and services, the Fort Oregon Network of Care ensures they will find what they need. The Fort Oregon Network of Care provides a comprehensive Service Directory of all service providers in Oregon, putting people in touch with the right services at the right time. The Fort Oregon Network of Care also provides easy-to-search libraries and vital information about crisis intervention, employment, education, reintegration points of contact, as well as daily news articles from around the nation concerning veterans’ issues.

The new Web site will enable veterans, service members, and their families to educate themselves about their issues; understand current policy initiatives and advocate directly to elected officials, and better manage their affairs, interactions and important records. http://fortoregon.com/

Memorial Day History

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans—the Grand Army of the Republic (GAR) – established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30. It is believed that date was chosen because flowers would be in bloom all over the country.

In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the “birthplace” of Memorial Day. There a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff.

It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other Federal holidays.

To ensure the sacrifices of America’s fallen heroes are never forgotten, in December 2000, the U.S. Congress passed and the president signed into law “The National Moment of Remembrance Act,” P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission’s charter is to “encourage the people of the United States to give something back to their country which provides them so much freedom and opportunity” by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.

The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation. As Moment of Remembrance founder Carmella LaSpada states: “It’s a way we can all help put the memorial back in Memorial Day.”

Memorial Day Happenings in Washington County

All events begin at 11am except for those noted.

Fir Lawn Cemetery—Hillsboro
Valley Memorial Cemetery—Hillsboro
Beaverton Veterans Park—Beaverton
Forest View Cemetery—Forest Grove
Union Point Cemetery—Banks
Veterans Gateway at Washington County Fairgrounds begins at 1pm
The Memorial Fund for Veterans of Washington County is now accepting orders for paving stones to honor any veteran who has or did have ties to Washington County. The stones will complete the design of the walkway and small area around the flags at the Veterans Gateway between the Fairgrounds and the Max parking lot at the Fairplex stop.

The stones will be engraved and installed in late summer. The new road to be known as Veterans Drive will begin taking shape in June and will extend from Grant Street over to 34th Street by the end of this year.

Stones to honor any individual veteran can be purchased for $75 each. Military organizations, reunion groups, service clubs and businesses may also purchase stones to recognize their group and show honor to our veterans.

An order form is shown below which can be used for your convenience. Items to include in the paver-feature name, rank, branch of service, dates of service, campaigns, ships, units etc.

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Contact Information:
Name: ______________________________
Address: ______________________________
Phone: ______________________________
E-mail: ______________________________

Please mail your completed form and check to:
MEMORIAL FUND FOR VETERANS OF WASHINGTON COUNTY
PO Box 73
Hillsboro, OR 97123

Checks can be made payable to: WASHCOVETS

For more information, contact 503-640-4633 or email WASHCOVETS@frontier.com or visit the website at washcovets-memorialfund.org.

May/June 2011
Reminder!
Beginning this year the Medicare Open Enrollment period will be October 15th through December 7th with coverage beginning January 1, 2012.

TIP—Lighten Your Load
A too-heavy handbag can cause muscle soreness, nerve compression and back and shoulder pain. A bag should weigh no more than 10 percent of your body weight. Weigh your bag on the bathroom scale to make sure you’re not putting unnecessary strain on your body. If you have to carry a heavy load on a regular basis, consider a bag with wheels.

*WCDAVS FOOD PANTRY*
Wish List

*Helping seniors on fixed incomes and homeless veterans*

PEANUT BUTTER
HOT COCOA PACKETS
CANS OF SOUP HIGH IN VEGGIES/PROTEIN
CANS OF “BOOST” OR “ENSURE” LIQUED PROTEIN
READY-TO-EAT TUNA/CHICKEN & CRACKER
SNACK PACKS
FRUIT CUPS (LOW TO NO SUGAR)
CAN OPENERS (for folks in motels)
SMALL KITCHEN STEP STOOL
CLOTH GROCERY BAGS

Questions about the Food Pantry?
Please call Deborah Letourneau at 503-846-3083.
Drop-offs can be made to WCDAVS reception on 2nd floor - 180 E. Main St., Hillsboro
Tax receipts available.
Thank you for your support!
Grandparents Raising Grandchildren:
A Day for You

Share a day of fun and learning with other grandparents!
Free event,
Lunch included

Friday, May 20th, 2011
9:00 a.m.—2:00 p.m.
Former Hillsboro PCC Center
102 SW Washington St.
Hillsboro

Community Resources  Prizes
Interesting presentations offered in
separate English and Spanish sessions

Pre-registration required.
Call 503-846-3089 to save your space!

Sponsored by: Washington County Disability, Aging & Veteran Services—
Family Caregiver Support Program and
Washington County Commission on Children & Families
FREE FAMILY CAREGIVER TRAINING
Sponsored by No Worries In-Home Care and
WCDAVS Family Caregiver Support Program

For family members and other unpaid caregivers
providing care in the home

Next Training:
Wednesday, June 1, 8, 15, 22 & 29
1:00—4:00 p.m. at
No Worries Training Center, Parkside Business Center
8285 SW Nimbus Ave., Suite 150
Corner of Nimbus & Hall in Beaverton

Sessions include:
Basic personal care techniques and assistive equipment,
Medication administration, dealing with challenging behaviors,
Elder law considerations, end-of-life planning.
Self Care and community resources.
CALL TODAY TO REGISTER: 503-846-3089

Arthritis/Range of
Motion (ROM) May Is
National Arthritis Month

Arthritis is a term used to describe more than 100 different conditions that affect joints and other parts of the body. Arthritis is a very common chronic health problem, and it is the most common cause of disability in the U.S. About 46 million adults (one in five) in the U.S. have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. Two-thirds of the people who have doctor-diagnosed arthritis are under the age of 65.

Although there is no cure for most types of arthritis, early diagnosis and good management are important, especially for inflammatory types of arthritis.

Arthritis causes pain, loss of movement, and sometimes swelling.

Main Types of Arthritis

Osteoarthritis is the “wear and tear” type, in which the slippery cartilage that covers the ends of bones in a joint wears out, causing pain and loss of movement as bone begins to rub against bone. It is the most common form of arthritis.

Rheumatoid arthritis is an autoimmune disease, in which the person’s body begins to attack its own joints, causing inflammation and pain. Rheumatoid arthritis is one of the most serious and disabling types. It affects mostly women.

Exercise Helps Arthritis Pain

By encouraging exercise, you can help the person in your care lose weight and improve his overall health and fitness, as well as his arthritis symptoms.

A physical therapist, occupational therapist, exercise physiologist or doctor can recommend an exercise program for the person in your care.

ROM exercises keep joints flexible by moving them as much as possible. ROM exercises relieve pain, maintain normal body alignments (positions), help prevent skin swelling and breakdown, and promote bone formation. If the person in your care is diagnosed with arthritis, it’s important to encourage exercise before any joint deformity develops.

Endurance exercises, such as water exercise, walking or riding a stationary bicycle, help keep the heart, lungs, bones and muscles strong. They help the body work more

Continued Next Page
efficiently and increase a person's stamina, so that he can work longer without tiring as quickly. Alternative exercise, such as yoga and tai chi, can be beneficial for people with arthritis. These forms of exercise can improve flexibility, increase muscle strength and help the person relax.

*Source: CDC; National Arthritis Foundation*

**Range of Motion Exercises (ROM)**

Here are some things to do when you are asked to help the person in your care exercise at home:

- Communicate what you are doing.
- Use the flat palms of both hands, not the fingertips, to hold a body part.
- Take each movement only as far as the joint will go into a comfortable stretch. (Mild discomfort is okay, but it should go away quickly.)
- Do each exercise 3 to 5 times.
- Use slow, steady movements to help relax muscles and increase joint range.
- If joints are swollen and painful, exercise very gently.

2011 Community Wellness Forum

Staying Healthy and Independent
Preparing for a Healthy, Active Later Life
Free and open to the public!

Friday, June 3rd  8:30-12:30 pm
225 S. First Ave. (and Washington St.)
Ground level classrooms,
Washington County Public Parking Structure.
Free parking in structure. On MAX Blue Line.

9:00 – 12:30 Free Medication Reviews with Pacific University Pharmacy interns.*
*Pre-registration required for these private consultations.

9:00-9:40 am  Safe and Healthy Aging in Place
Mary Platt, Occupational Therapist

10:00 -10:40 Using Medicines Wisely
Jeanne Brandt, OSU Extension Service

11:00 -11:40 am  Mastery of Aging Well
Leslie Foren, Elders in Action

9:00- 12:30 Resource and Information Fair
Representatives from local agencies and organizations with services of interest to seniors.

Call 503- 846-3089 to reserve a space and schedule Medication Review.
Evaluating Your Home and Community

Most people don’t discuss or think about their home or community’s ability to support their needs and lifestyle as they age until a physical or medical emergency occurs.

Questions have been designed to get you thinking about your home and community’s suitability as you grow older. Research has shown that housing and mobility are the key factors that affect an older person’s ability to remain independent and engaged in their community.

Ask yourself the questions that follow and decide if your home and community meet your current and future livability requirements. Your answers will let you know if you need to make changes.

**Home:**

- Is there at least one step-free entrance into the home?
- Are there bedroom, full bath, and kitchen facilities on one level, which is barrier free?
- Are there doorways and hallways wide enough to let a wheelchair pass through?
- Do doorknobs and faucets have lever handles, which are easier to use than rounded knobs?
- Are kitchen countertops mounted at varying heights so they can be used while standing or seated?
- Can kitchen and bathroom cabinets be easily reached?
- Are there left-turn lanes and can drivers see on-coming traffic from those lanes?
- Are entryways, hallways, and stairways well lit?
- Are there secure handrails on both sides of stairways?

**Housing:**

- Are there affordable housing options in the community?
- Is affordable housing located within walk distance to everyday goods and services or near public transportation?
- Are there any financial assistance programs for home modifications available in the community?

**Driving:**

- Does the community have roads designed for safe driving, with clear signage, traffic stops, and pedestrian crosswalks?
- Are street and traffic signs readable at a distance and are they placed so that drivers have time to make decisions?
- Are there left-turn lanes and can drivers see on-coming traffic from those lanes?
- Are lane markings clear?

**Walking:**

- Are there sidewalks throughout the community?
- Are there safe walkways to get to stores from parking lots?
- Do sidewalks have curb-cuts that allow people with wheelchairs, bicycles, and strollers to cross streets?
- Are there traffic signals at pedestrian crossings and do they allow sufficient time for crossing?
- Does the community have well-lit street, sidewalk, and alley lighting?

For more information on staying independent in your home and community, please register for the free community wellness forum, "Staying Healthy and Independent- Preparing for a healthy, active later life", on Friday, June 3rd. See announcement on opposite page for details and registration information!

Adapted from AARP, "Your Home and Community: Are They Ready for you? [www.aarp.org](http://www.aarp.org) 1-888-687-2277"
Supplemental Nutrition Assistance Program (SNAP) Events

Department of Human Services (DHS) and the Oregon Hunger Task Force (OHTF) will be present at the Washington County senior meal sites and community center to assist individuals in finding out what food assistance they may obtain as well as other services. All times are 10:30am to 1:00pm. Find out if you may qualify by dropping by at a center on the following dates:

- **All Saints**
  372 NE Lincoln, Hillsboro
  June 30th

- **Elsie Stuhr Center**
  5550 SW Hall Blvd., Beaverton
  May 11th and June 14th

- **Forest Grove Senior Center**
  2037 Douglas St., Forest Grove
  May 12th and June 29th

- **Hillsboro Community Center**
  750 SE 8th Ave., Hillsboro
  May 17th and June 22nd

- **Juanita Pohl Center**
  8513 SW Tualatin Rd., Tualatin
  May 26th and June 20th

- **King City Civic Association**
  15245 SW 116th Ave., King City
  June 27th

- **Sherwood Senior Center**
  21907 SW Sherwood Blvd., Sherwood
  May 19th and June 13th

- **Tigard Senior Center**
  8815 SW O'Mara St., Tigard
  May 24th and June 23rd

Calendar of Events

**Aging and Veteran Services Advisory Council**

**2011 Day at the Capitol for Seniors and People with Disabilities—**
**May 10th, 8:00am-2:30pm**

**Thursday, May 26,**
**9:00am-Noon**
Washington County Disability, Aging and Veteran Services
180 E. Main St., Suite 208,
Hillsboro

**Thursday, June 23,**
**9:00am-Noon**
Washington County Disability, Aging and Veteran Services
180 E. Main St., Suite 208,
Hillsboro

For more information contact Janet Long at 503-846-3081 or email at Janet.A.Long@state.or.us

**Disability Services Advisory Council**

**Monday, May 9,**
**1:00pm-3:00pm**
Beaverton SPD Office
4805 SW Griffith Drive,
Beaverton

**Monday, June 13,**
**1:00pm-3:00pm**
Beaverton SPD Office