

The Aging Advocate

A Publication of the INCOG Area Agency on Aging



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INCOG Designated as Area Agency on Aging

The Oklahoma Department of Human Services Aging Services Division has designated INCOG as the Area Agency on Aging (AAA) for Creek, Osage, and Tulsa counties effective July 1, 2010. AAA brochures and marketing materials are being updated to reflect the new moniker, INCOG Area Agency on Aging (IAAA).

Seven staff members have been added to the INCOG family to cover the responsibilities of the aging program. They are: **Clark Miller**, Director; **Reena Shetty**, Planner; **Cheryl Lopez**, Financial Monitor; **Barbara McDonald**, Information and Assistance Specialist; **Sarah Strecker**, **Loretta Bailey**, and **Lesley Smiley**, Ombudsman Supervisors.

The INCOG Area Agency on Aging will remain dedicated to improving the quality of life by promoting independence, dignity and health for senior citizens in Creek, Osage and Tulsa counties through advocacy, education and support of community-based services.

Several important projects have been undertaken this summer in addition to winding down City of Tulsa operations and ramping up the offices at INCOG. First has been the Senior Farmer's Market program. Nearly 500 individuals received \$25 debit cards that enabled them to purchase fruits and vegetables at eligible Farmer's Markets. Second has been the renewal of contracts with OKDHS and our projects to enable the continuation of funding. Third, is the allocation of an additional funding \$755,000 in funding appropriated by the 2010 Oklahoma State Legislature to our projects. This funding will replace almost all the reductions taken by the aging network during FY2010.

The current AAA funded projects will not change. The projects are Creek and Tulsa County Senior Nutrition (Sodexo), Osage County Nutrition, Oxford HealthCare, Legal Aid Services of Oklahoma, Ability Resources, Alzheimer's Association, and Cimarron Transportation.

We have appreciated your support over the years as the Tulsa Area Agency on Aging and look forward to your continued support as we continue to serve senior citizens as the INCOG Area Agency on Aging.



Supporting Senior Citizen Independence, Dignity, and Health
in Creek, Osage, and Tulsa Counties

Chronic Disease Self-Management WORKSHOP

FREE!

If you are 60 years of age or older (or a caregiver) and have a disease such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety or if you are a caregiver for someone who does, this program will help you:

- **Feel Better.**
- **Be in Control.**
- **Do the things you want to do!**

This free workshop is 2 ½ hours a week for six weeks. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

North Regional Health Center

5424 N. Madison Ave.
Tulsa

September 16, 2010
thru October 21, 2010

**Every Thursday
9:30 am to noon**

To learn more about this program or to register for the program contact
Deidre Stanley of the Tulsa City County Health Dept.,
918.595.4471 or
dstanley@tulsa-health.org

Central Center at Centennial Park

1028 E. 6th Street
Tulsa

September 22, 2010
thru October 27, 2010

**Every Wednesday
9:00 am to 11:30 am**

To learn more about this program or to register for the program contact
Angela Boyd of OU Physicians Family Medicine Clinic
918.619.4768 or
angela-boyd@ouhsc.edu

Lacy Park CommunityCenter

2134 N. Madison Place,
Tulsa

October 5, 2010
thru November 9, 2010

**Every Tuesday
1:00 pm to 3:30 pm**

To learn more about this program or to register for the program contact
Angela Boyd of OU Physicians Family Medicine Clinic
918.619.4768 or
angela-boyd@ouhsc.edu

Registration for this workshop is required.

TOUCHING LIVES through the Ombudsmen Program

One vital function of the Ombudsman supervisors is to provide education to the community about the program's services. In addition to conducting in-service training for facility staff and residents, the three Ombudsman supervisors are also available to speak to hospitals, corporations, schools, churches, civic groups, and other organizations. Ombudsmen cover many topics in the presentation including: Abuse Prevention, Resident-Rights, Adjustments to Living in Long Term Care, and Respecting Confidentiality.

The supervisors have prepared a Directory of Licensed Facilities for Creek, Osage, and Tulsa counties. It contains the definition of Ombudsman. There are checklists for help in making a decision on choosing a long term care facility plus a listing of all the facilities in the three counties.

The program is supported by local volunteers committed to improving and enriching the lives of older persons living in long term care facilities. INCOG Area Agency on Aging provides local supervision and support for the volunteers and additional support is provided by State Ombudsman Program staff.

One of the most rewarding ways to make a difference in the lives of senior citizens is to become an Ombudsman Volunteer. It is estimated that 60% of all residents in long term care facilities do not have any visitors. By becoming an ombudsman volunteer, and spending two hours per week visiting in one facility, you have an opportunity to brighten the daily lives of residents by being a listening ear and advocating for the residents' rights.

For anyone interested in becoming a volunteer, our next volunteer training dates are September 21 and 28, 2010 from 9:30 am to 4:00 pm. To register for training or to obtain a copy of the directory you can contact us at the contact information on the front page. *Pictured to the left are our Ombudsman Supervisors.*



Aging and Disability Resource Center Established

The Administration on Aging, with local direction provided by the State Aging Services Division, has designated IAAA to be one of many agencies that develop person-centered systems of information, counseling and access. This will make it easier for individuals to learn about and access their health and long-term services and support options. These "one-stop-shop" programs are known as "Aging and Disability Resource Centers" as well as "No Wrong Door – Single Points of Entry" Programs. They are designed to serve as "visible and trusted" sources where people can turn to for objective information on their long-term services and support options and Medicare benefits. These programs also provide "one-on-one" counseling and advice to help consumers, including private pay individuals, to fully understand how available options relate to their particular needs. For people who might qualify for a public program, the one-stop provides a streamlined eligibility process that covers all publicly funded long-term services and support programs.

One ADRC Counselor for Creek, Osage and Tulsa counties is Barbara McDonald. She can be reached at 918.597.9486 or bmcdonald@incog.org.

Senior Nutrition Funds Restored!

The Senior Nutrition Program provides lunch time meals to more than 1,000 senior citizens per day. It is designed for seniors 60 years of age or older. There are seventeen nutrition sites within Creek and Tulsa counties. Home delivered meals are offered for clients who are unable to leave their home.

Due to statewide budget cuts in November 2009, the Senior Nutrition Program had to close three sites and reduce serving days to homebound participants. At that time, there was a waiting list of more than 250 senior citizens needing home delivered meals in the Tulsa area.

IAAA would like to thank all those who contacted their legislators urging them to restore funds to the Senior Nutrition Program. The Senior Nutrition Program is proud to announce that the waiting list has been cleared and we are now able to serve seniors eligible for meals promptly.

The program is funded through the Older American's Act Federal Grant which is matched by State funds from the State of Oklahoma via INCOG Area Agency on Aging and also from donations.

