

May—June  
2010

A NEWSLETTER FOR FRIENDS OF TULSA  
AREA AGENCY ON AGING, SERVING  
CREEK, OSAGE, AND TULSA COUNTIES



# COMING OF AGE

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## Thoughts to Ponder

The great secret that all older people share is that you really haven't changed in 70 or 80 years. Your body changes, but you don't change at all!

Doris Lessing

You are still you inside! It's just the outside that has been painted in more muted colors. The real you still glows from within!

Anonymous



## 'The Art of Aging' Oklahoma State Conference on Aging

This year's 35th Annual Oklahoma Conference on Aging is being held in Tulsa for the first time on May 18-20, at the Southern Hills Marriott. Senior Day is May 18th and registration and lunch are free to all seniors aged 60 and older. Keynote Speaker is Dr. Jean Root, who is a geriatrician and has been in practice for 26 years and teaching in medical schools for 18 years. On Senior Day there is also a Resource Fair, Health Care screening, and a Film Festival offered in the afternoon. You must be pre-registered in order to receive a lunch.

The 19th and 20th the Conference will cater to aging professionals. Over 40 workshops and seminars are available. The Conference keynote speaker is Dr. Bill Thomas, an international authority on geriatrics and eldercare. Dr. Thomas will not only motivate and inspire Oklahoma's elders and aging professionals, he will challenge and expand our concept of aging programs. The luncheon keynote speaker is Dr. Germaine Odenheimer who is board certified in Neurology and fellowship trained in Geriatric Medicine.

The year's Achievement in Aging Awards luncheon honors Senator Bernest Cain, Paul Stabler, and Bill Major.

"Round the Bend Players' Senior Theatre Troupe is presenting an interactive educational presentation at 7:30 Wednesday night.

Online registration is available at

<http://register.oucpm.org/okconfonaging>. The registration packet is also available on the TAAA website [www.cityoftulsa.org/taaa](http://www.cityoftulsa.org/taaa). Or you may call 405.521.2281 or 918.596.7688 for a registration packet.

A recent trip to Washington D.C. for the n4a policy briefing brought some positive news for a change. While debates rages on about the potential impact of the recently passed Health Care Reform Act, it is becoming increasingly clear that many elements of the plan will be carried out through the Area Agency on Aging network.



## **Directors Update**

**Clark D. Miller**

Director, Tulsa Area Agency on Aging

First, increased funding is in place for Aging Disability Resource Centers (ADRC), Medicare Part D counseling, and prevention and wellness programs. All these initiatives are provided through TAAA, and it is heartening to see that the value of these services are being recognized and rewarded by continued financial support.

There are several new, long-term provisions in the Act that will have a yet to be determined impact on TAAA.

The CLASS program establishes a voluntary long-term care insurance program that should reduce the spending on Medicaid and enhance an individuals' ability to maintain their independence and financial stability for the long term. Participants who purchase the coverage will be able to draw on their coverage once two Activities of Daily Living (ADL's) are established. The payment will be up to \$75/day and can be spent for home and community based services. The first plans should be available for purchase in January, 2011 and will require premium payments for five years by working individuals before vesting will take place. You will hear many more details about CLASS in the near future.

The Elder Justice Act will implement a comprehensive national strategy to address elder abuse, neglect and exploitation. It includes provisions to enhance the training, recruitment and staffing in long-term care systems and enhance long-term care ombudsman programs. It also provides for a national system of criminal background checks for long-term care employees.

The President's budget also is calling for an overall 12% increase in appropriations for Older Americans Act (OAA) programs in 2011. I remain convinced that these programs more than pay for themselves in the long-term. However, convincing Congress of OAA program value will require constant advocacy by everyone who understand our mission to respect the dignity, independence, and health of older adults through advocacy, education and support of community based services.

**Do you know what an “Assisted Living Facility is? We have provided some definitions and laws.**

“Assisted living center” means any home or establishment offering, coordinating or providing service to two or more persons who; live in the facility, are unrelated to the operator, by choice or functional impairments, need assistance with personal care or nursing supervision, may need medication assistance, and may need assistance with transfer and/or ambulation. Intermittent nursing care and home health aide services may be provided in an assisted living facility by a home health agency.

These Facilities have the oversight of the Oklahoma State Department of Health, some definitions provided by OSDH are as follows:

**Direct care staff**—in an assisted living center means qualified nursing, activity, social and therapy staff employed by or under the direct supervisory control of the assisted living center.

**Intermittent or unscheduled nursing care**—means skilled nursing care given by a licensed practical nurse or registered nurse that is not required twenty-four hours a day.

**Neglect**— means a failure to provide goods and services necessary to avoid physical harm, mental anguish or mental illness.

**Personal care**—means assistance with meals, dressing, movement, bathing, or other personal needs or maintenance, or general supervision of the physical and mental well-being of a person and includes assistance with toileting.

**Resident**— means anyone accepted for care through contractual agreement and who meets the admission criteria established by the State Department of Health.

An assisted living center cannot admit any person whose needs exceed the level that assisted living center is licensed to provide or is capable of providing. These centers ensure that routines of care and service are directed by the resident to the maximum extent possible. These centers provide assistance with personal care, meals, housekeeping and laundry; provide nursing supervision through minor illnesses; help with medication; assistance with cognitive orientation; or any center may specialize their service or unit for residents with Alzheimer’s disease and related dementias, physical disabilities, or other special needs that a facility intends to market. They plan programs for socialization, activities, and exercise. They are also required to have an evacuation of the building plan and enough staff to meet the needs of the residents in case an evacuation is necessary.

Assisted living centers are private pay and do not use any State or Federal monies and it is important to realize that once the health status of a resident declines and the facility cannot meet his/her needs the facility is required by law to arrange discharge and help the resident and the resident’s family find a place in a Nursing facility.

Taken from the Continuum of Care and Assisted Living Act; Title 63 of the Oklahoma Statutes, Section 1-890 et seq., as amended in 2008. For any further clarification please call our ombudsmen ; Loretta Bailey—596-7657, Sarah Strecker—596-7210, and Lesley Smiley—596-7685.



**Have questions or need more information?**

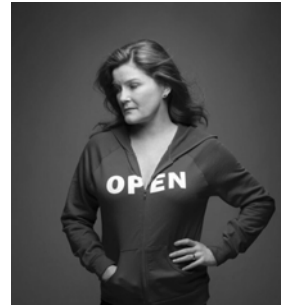
**Call Tulsa Area Agency on Aging at**

**918-596-7688 or SENIOR INFO-LINE AT 1-800-211-2116 (in-state only)**

# Alzheimer's Education Conference & Celebration of Excellence Luncheon

## June 9, 2010

Actress Kate Mulgrew will be in Tulsa to share her story about caring for someone with Alzheimer's. On June 9, 2010, she will speak as part of the Alzheimer's Education Conference & Celebration of Excellence Award Luncheon at the Tulsa Renaissance Hotel. Best known for her roles in "Star Trek Voyager" and currently appearing in the NBC series "Mercy," Kate will discuss her personal journey with her mother who had the disease.



Other speakers will include Gary Barg, author of *The Fearless Caregiver*, who will discuss how to get the best care for your loved one and still have a life of your own. The theme of how to achieve balance in your life will prevail during the day as caregivers are given ideas and tools to help them find their best life in the midst of Alzheimer's. Breakout sessions will include discussion about younger-onset, current research and care giving.



American Idol Season Five Finalist Patrick Hall will provide the entertainment and best selling author and voice in the animated film "Cars," Michael Wallis will emcee the event.



Senior Star Living will be presented with the 2010 Maureen Reagan Memorial Award because of their support at the local chapter level and national level.

Early registration, before May 7, is \$45 for caregivers and \$90 for professionals. After May 7, costs are \$60 for caregivers and \$125 for professionals. Sponsorships and exhibitor information is also available. For more information, visit [www.alz.org/in my community events.asp](http://www.alz.org/in_my_community_events.asp) or call 800-272-3900.



## This and That!

### Seniors Warned about New Medicare Scam



It has been reported that individuals are receiving "fraudulent phone calls asking for personal information so that new Medicare cards may be issued to the consumers." The caller claims to represent Medicare or the Social Security office and asks the consumer to verify or provide personal information that could lead to identity theft. Calls are originating from 866-234-2255. When investigators dialed the number, they reached a recording that states that "Medicare scammers" are spoofing the number and that calls should be reported to the state Attorney General or the Federal Communications Commission. Consumers should never verify or provide personal information to someone who has called him or her. When in doubt consumers should hang up and call Social Security at 1-800-772-1213 or Medicare at 1-800-Medicare.

### Creek County Senior Spring Expo



The Creek County Senior Spring Expo is being held May 14, 2010 at the Creek County Fairgrounds building on Hwy 66 in Kellyville from 9:00 am to 1:00 pm as their annual Health fair. They will have live entertainment, door prizes, health and senior service information and lunch\* provided by the Tulsa and Creek County Senior Nutrition Program. This project is funded by the Older Americans Act Grant from the Tulsa Area Agency on Aging.

\*Donations accepted



### Farmers' Market Senior Nutrition Produce Card

TAAA has been approved for a grant to fund the Senior Farmers' Market Program. This program will distribute \$25 debit cards to income eligible seniors in the TAAA service area. These cards can be used at any Electronic Benefits Transfer (EBT) capable farmers' market site through August 31<sup>st</sup>. Currently, both the Cherry Street Market (Saturday) and the Brookside Farmers' Market (Wednesday) have the capability to accept EBT cards and TAAA will encourage other farmers' markets in the area will to join this program.

The purpose of this grant is to encourage older adults to purchase fresh produce and vegetables to supplement their diet. Also, it is hoped that after visiting local farmers' markets, seniors will continue to patronize their markets. It is a win-win for our seniors and for the farmers' markets. If you know of any income-eligible seniors whom may want to learn more about this opportunity, please contact the TAAA office at 596-7688.



## Senior Fitness and Exercise: Guidelines and tips for Older Adults

Have you heard you should be exercising, but you aren't sure where to begin? You are not alone. Many seniors don't exercise for the same reason that people of all ages resist physical activity—they think of it as too hard, too boring, or they are disappointed by the lack of immediate results. On top of this, some older adults have additional challenges, such as chronic health conditions or concerns about injury or falls.

But the evidence is clear: exercise benefits people of all ages. In fact, studies show that not only is exercise safe for seniors, but it has enormous health advantages. Exercise can help you maintain your health and independence throughout your life. Regular exercise and senior fitness is the key to greater energy, stronger muscles, better balance and flexibility, and a happy and alert mind.

It doesn't matter how old you are! People in their sixties, seventies, eighties, and even nineties can reap the benefits of exercise.

Dispelling myths surrounding older adults and exercise is the first start towards getting fit.

**Myth 1:** Exercise is a chore.

**Fact:** if you pick an activity that you already enjoy doing, exercise is easier than you think. For example, gardening, walking around the mall, or playing with your grandchildren combine exercise with another fun activity.

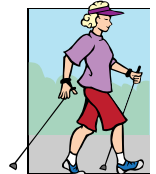


**Myth 2:** There's no point to exercising. I'm going to get old anyway.

**Fact:** exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity. Also exercise brings benefits like improved immune function, better heart health and blood pressure, better bone density, and better digestive functioning. Seniors who exercise also have less trouble sleeping.

**Myth 3:** I've never been coordinated. Exercise is not of me.

**Fact:** you don't have to be an Olympic athlete to benefit from exercise. If sports are not for you, walking is a great form of exercise that is easy to do.



**Myth 4:** I'm afraid I'm going to fall if I try to exercise.

**Fact:** regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling. There are many types of exercise to start with if you are concerned about falls.

Think about activities that you enjoy and how you can incorporate them into an exercise routine. Below are examples of activities that are especially beneficial to seniors.

- ♦ **Walking.** Walking is a great way to start exercising. It requires no special equipment, aside from a pair of comfortable walking shoes, and can be done in many places, from a shopping mall to a hiking trail. You can also enjoy walking and chatting with a friend or workout buddy.

- ♦ **Senior sports or fitness classes.** Sports and fitness classes offer a great way to stay motivated to exercise while also helping you relax and relieve stress. They are fun, so it is easy to keep up your fitness plan, and are a great way to make friends and stay socially active as well.
- ♦ **Water aerobics and water sports.** Water aerobics has several advantages over land-based aerobics, especially for seniors. The water reduces stress and strain on the body's joints. At the same time, increased resistance and exercise for the muscles enables you to burn calories more efficiently.
- ♦ **Yoga.** Yoga is a widely practiced form of exercise that combines a series of poses with breathing. Moving through the poses works on strength, flexibility and balance. Yoga can be adapted to a wide range of levels and disabilities, using a chair or other prop to start.
- ♦ **Tai Chi and Qi Gong.** Tai Chi and Qi Gong are two martial arts-inspired systems of movement that are beneficial to both mind and body, helping with improved ability at daily activities, better balance, and increased strength. Classes catering to seniors can often be found at your local YMCA or community center.



Often the hardest part of exercise is getting started. The following tips will help you get on your way safely while having fun:

- ♦ **Get medical clearance** from your doctor before starting an exercise program, especially if you have a pre-existing condition. Your doctor may be able to guide you to community resources for specific conditions as well. If something feels wrong, such as sharp pain or unusual shortness of breath, stop doing it. You may need to scale back or try another activity.
- ♦ **Start slow.** Remember, if you try to build in a complicated exercise routine, you might get burned out and frustrated before you even begin. There are ways to start without interrupting your normal routine, like doing arm exercises or light stretching while watching TV. While shopping, take an extra ten minutes to walk around the shopping center before you begin shopping. You might want to start with exercising just ten minutes at a time a couple of times a day, or take a class once a week. Let exercise become a habit, and then you can slowly start building upon your time and vary your exercise routine. Remember to drink plenty of water and gently stretch.
- ♦ **Get support.** It can be easier doing something new if others are there to support you. Consider taking a class or exercising with a buddy. It can be easier to stay motivated if there is a set time to exercise and you are able to socialize with others as well.
- ♦ **Enjoy yourself.** If you are dreading your exercise or find it too hard or boring, sooner or later you will find a way to talk yourself out of it. If you feel this way, take a look at what you are doing. It might be time to try a new activity.

Exercise is a lifelong commitment to better health. The more you exercise, the more you will reap the benefits.

Tulsa Area Agency on Aging is 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.

This newsletter is provided through a grant from the Oklahoma Department of Human Services, Aging Services Division, under provisions of the Older Americans Act of 1965, as amended.

Editor: Jeanne Tackett

**Tulsa Area Agency on Aging**

**(918) 596-7688**

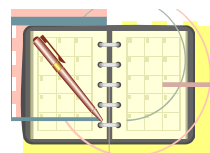
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## **SENIOR CALENDAR**



May 4—TCCA Executive Committee Meeting—  
9:00 am at Greenwood Cultural Center

May 9—Mother's Day

May 12—TCCA Meeting—10:00 am at GCC.

May 14—Creek County Expo/Health Fair—Creek County  
Fairgrounds—8:00 am to 1:pm.

**May 18—State Conference on Aging Senior Day—8:00 am to  
4:00 pm at Southern Hills Marriott Hotel, Tulsa**

May 18-20— State Conference on Aging—8:00 am to 4:00 pm at the  
Southern Hills Marriott Hotel, Tulsa

May 28—City Furlough Day, office will be closed.

May 31—Memorial Day Holiday, office will be closed.

June 7—TCCA Executive Committee Meeting—9:00 am at GCC

June 9—Alzheimer's Conference Luncheon

June 16—TCCA Meeting—10:00 am at GCC



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