

CCoA
California Commission on Aging
AGEWATCH

Examining Senior Hunger and Senior Food Assistance Programs in the U.S.

In the United States, millions of adults ages 60 and older regularly face a diverse set of challenges when trying to secure and prepare nutritious food. As reported by Feeding America in [An Evaluation Report: Senior Food-Assistance, Related Programming, and Seniors' Experiences Across the Feeding America Network](#), 4.9 million older Americans were food insecure in 2016. Older adults who are food insecure may experience low access to food, reduced quality and variety in their diet, and/or disrupted food intake, all of which can cause or exacerbate mental and physical health issues. The Feeding America network is a domestic hunger-relief organization with 200 food banks nationwide, including coverage in Alaska, Hawaii and Puerto Rico.



In partnership with the University of South Carolina, Feeding America conducted a comprehensive evaluation highlighting the issues older adults face in maintaining their health and food security status. These challenges include chronic disease, social isolation, mobility, transportation, and limited income and affordability. In addition to outlining the various problems of food insecurity, the research also offers insight about the trade-offs program managers must consider between reaching as many people as possible and meeting the specific needs of individuals.

The study, [An Evaluation Report: Senior Food-Assistance, Related Programming, and Seniors' Experiences Across the Feeding America Network](#), engaged almost 150 older adults and 90 program managers and community agencies across 9 states. It examined 17 different program delivery models, including the Supplemental Nutrition Assistance Program (SNAP) and the Commodity Food Supplemental Program (CSFP).

The research is intended to provide a baseline that will prompt further study and assessment of program delivery for older adults.

[Click here](#) to read more.

Reprinted in part from NASUAD Friday Updates *Examining Senior Hunger and Senior Food Assistance in the United States*, October 19, 2018.



AGEWATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591 www.ccoa.ca.gov

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Finding Post-Disaster Resources for Seniors

In response to the frequent calls for help after flooding, fires and other natural disasters, the National Council on Aging (NCOA) has added disaster assistance contacts to its [BenefitsCheckUp resources](#) in order to help older adults prepare, and after the disaster, to start rebuilding their lives. As with many natural disasters, finding stability and starting the rebuilding process can take months, or even years.

According to NCOA's Brandy Bauer, "There are many benefit programs that expand or become available to people affected by declared natural disasters... These programs can help with shelter, nutrition, tax relief, and energy assistance, among others." For older adults displaced and affected by disasters, finding people who can help with their particular needs – understanding how to use Medicare when displaced, applying for benefits programs, or even how to apply for long-term nutrition support – can make the process slightly less stressful.



NCOA's [Finding Relief if You Have Been Through a Disaster](#) page is designed to provide resources specific to your region and zip code. The page provides information about emergency housing, medical care, tax relief and other resources, along with links to the Federal Emergency Management Agency (FEMA) and the Red Cross. Older adult disaster victims can also get help and find benefit programs that provide cash assistance and other help by using [BenefitsCheckUp.org](#). By answering a few questions, an individual can access a list of benefit programs that can help you pay for medications, food, utilities, and more. The resource provides program guidelines, websites, online forms (if available), paper application in various languages (if available), and other resources.

Information from NCOA Blog *Finding Post-Disaster Resources for Seniors*, September 2018.

TSF Presents Innovation in Health Care Award



Pictured L-R: Bruce Chernof, TSF; Juan Saavedra and Jennifer Schlesinger of Alzheimer's Los Angeles; Terence Kelly, California Department of Public Health; Lora Connolly, Director, California Department of Aging; Debra Cherry, Alzheimer's Los Angeles; Ruth Gay, Alzheimer's Association, Northern California; and Susan DeMarois, Alzheimer's Association.

Los Angeles.

The SCAN Foundation's 2018 *Innovation in Health Care Award* was given in September to Alzheimer's Los Angeles for bringing the "essential attributes of a high-quality delivery system to life."

Presented by TSF President & CEO Bruce Chernof, the award recognizes Alzheimer's Los Angeles for the organization's [Dementia Cal MediConnect Project](#). The project is a collaboration to improve health plans' approach to caring for people with cognitive issues and their caregivers. The project is credited with making health care providers more responsive to patient needs, to implement more dementia-capable care practices, and provide more education and support to families of dementia patients.

Information and photo from [The SCAN Foundation](#) and Alzheimer's

The 2018-2023 Road Map Released to help State and Local Public Health Partnerships Address Dementia

A new resource from the Alzheimer's Association and the federal Centers for Disease Control outlines how state and local public health agencies and their partners can promote cognitive health, address cognitive impairment for people living in the community, and help meet the needs of caregivers.

The [2018-2023 Healthy Brain Initiative Road Map](#) provides communities with an "action agenda" focused on the critical issues of risk identification and risk reduction, diagnosis, education and training, caregivers, and evidence on impact of the disease.

This updated Road Map outlines actions state and local public health agencies and their partners can take to stimulate changes in policies, systems and environments. The goal is to ensure that initiatives to address Alzheimer's can be easily and efficiently incorporated into existing public health initiatives. The Road Map outlines 25 action items for the field of public health to promote brain health, better care for people with cognitive impairment, and increase attention to caregivers.



The publication lays out a path for local public health agencies and their partners to:

- Reduce the risk for cognitive decline and dementia;
- Expand early detection and diagnosis;
- Improve safety and quality of care for people living with dementia;
- Strengthen caregivers' health and effectiveness.

[Click here](#) to read the full Road Map.

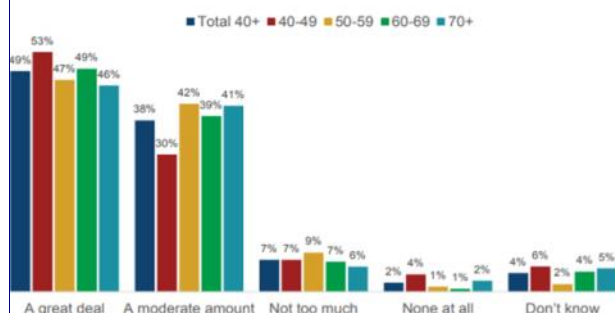
Information from NASUAD Friday Update, October 19, 2018.

New research from AARP points out that more than 8 million adults age 50 and older are affected by social isolation. Although many older adults are aware of the issue, they still hold several common myths and misperceptions that impact their ability to recognize isolation and address it in their communities. Chief among them is the lack of awareness that social isolation's effect on health parallels smoking 15 cigarettes a day. Educating the public on this issue and providing tools for better detection and action are key. To read AARP's findings, click here: [Social Isolation: Myths vs Realities in Adults Age 40 and Older](#).

Most Adults Age 40 and Older Are Aware That Social Isolation Has Serious Health Consequences

Most adults age 40 and older are aware of the effects of social isolation on physical health, with 87% believing it to have a great or moderate effect.

Effect of Social Isolation on a Person's Physical Health by Age



CQ2 - How much of an effect do you think social isolation can have on a person's physical health? Base: All

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LGBTQ RIGHTS: THE SHIFTING SANDS OF FEDERAL POLICY CREATE UNCERTAINTY



a policy discussion with

Michael Adams, CEO, Services and Advocacy for Gay, Lesbian,
Bisexual and Transgender Elders (SAGE), Chair Elect American Society on
Aging (ASA) Board of Directors.

With responders:

Ron deHarte, Chair, City of Palm Springs Human Rights Commission
& President, Palm Springs Pride

Jill Gover, PhD., Clinical Director, Scott Hines Mental Health Clinic,
LGBT Center of the Desert

Jack Newby, Executive Director, The Joslyn Center

Ginny Foat, Executive Director, Mizell Senior Center

Thursday, November 8, 2018

8:30 - 9:00 a.m Continental Breakfast

9:00 — 11:00 a.m.

Mizell Senior Center

580 S. Sunrise Way, Palm Springs

CO-HOSTED BY

The California Commission on Aging,
Mizell Senior Center,
& the LGBT Community Center of the Desert



UPCOMING EVENTS

November 6-8 — C4A Annual Meeting and Allied Conference, Sheraton Gateway Hotel, Los Angeles.

www.c4a.info for information.

November 7-8, 2018—California Commission on Aging, Hilton Palm Springs, Palm Springs.

www.ccoa.ca.gov for information.

November 15, 2018 — *The State of Long-Term Services and Supports for California Seniors*. Informational hearing of the Senate Budget Subcommittee on Health and Human Services. 10:00 a.m. State Capitol, Room 4203.

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