

**CCoA**  
California Commission on Aging

# AGEWATCH

## 300 Attend Statewide Senior Center Forum

The second statewide Senior Center Stakeholder Forum hosted by the California Commission on Aging and the Congress of California Seniors drew a capacity crowd to the Los Angeles Marriott Downtown on November 14. Titled *Centers of Today... Investing in Tomorrow*, the no-cost event offered senior center representatives, board members, and other interested individuals an opportunity to learn new leadership skills and hear about new approaches to fundraising, advocacy, and collaboration.

Featured speakers at the event included Manoj Pardasani, Ph.D., whose recent study demonstrating the value of senior centers in New York helped stave off budget cuts during 2010, and Robert Blancato, Executive Director of the National Association of Nutrition and Aging Service Providers, providing an overview of possible impacts of Congressional actions on senior programs. Colin Milner, of the International Council on Active Aging, offered his vision of 15 steps senior centers need to take in order to remain viable in the coming years.

Break-out presenters included experts in creative funding, collaboration, business leadership, and advocacy, as well as senior center administrators, academicians and others from throughout the state.

Sponsored by ATT Foundation, Kaiser Permanente, SCAN Health Plan and numerous others, the event was designed to reinforce survival strategies for centers facing difficult economic times.



Fordham University researcher Manoj Pardasani, PhD, reviews research into the value of New York City's senior centers.

Attendees discuss information presented in the break-out session on demonstrating center impact and relevance.



Examples of creative strategies from centers as diverse as Healdsburg and Palm Desert were featured in the CCoA/SCAN HP publication, *Innovation - Resourcefulness - Persistence... How California Senior Centers are meeting today's challenge*, which was released at the event. Session summaries and photos will be available at [www.ccoa.ca.gov](http://www.ccoa.ca.gov) later this month.

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.

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## AoA Releases Principles for Older Americans Act Reauthorization

The Administration on Aging (AoA) on November 1 released its principles for reauthorization of the Older Americans Act. Based on input from more than 60 listening sessions and from online input gathered during 2010, and representing the interests of thousands of consumers of OAA services nationwide, AoA consistently heard the following messages:

- The OAA is “not broken” and that it works well.
- The OAA is helpful, flexible, and responsive to individual/community needs whether the person lives in a very rural/frontier area or an urban center.
- The OAA’s national aging services network structure is the “glue” that holds everything together and is effective in coordinating services from multiple sources to build a seamless delivery system.
- It meets the goals established by Congress in providing assistance to help people maintain their health, independence, dignity, and to avoid premature institutionalization. In addition, it is effective in targeting the poor, near poor and those who are frail and at risk of nursing home admission.
- The Act only needs minor enhancements to strengthen the capacity of the network to meet the increasing needs and diversity of the older population. Among the recommended enhancements are consolidating congregate and home-delivered nutrition funding, offering incentives to strengthen the aging network capacity, strengthening the role of the long-term care ombudsman, dedicating funds to support the legal assistance development fund, and increasing minimum allocations to states for administration/delivery of home and community-based services and supports.



Title III nutrition programs are a mainstay of senior center services, such as this lunch at the Jack Crippen Senior Center in El Monte, CA.

For more information on AoA’s principles for reauthorization, go to [http://www.aoa.gov/AoARoot/AoA\\_Programs/OAA/Reauthorization/Index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/OAA/Reauthorization/Index.aspx).

*Excerpted from the AoA Older Americans Act Reauthorization Principles.*

## Trigger Cuts Likely; More Impacts on the Aging and Disability Community

Reductions to California’s 2011-2012 budget appear likely as state tax revenues continue to fall below levels targeted in the 2011-2012 budget agreement. Up to \$2.5 billion will be cut on January 1 if the State Finance Director estimates that revenues for the year will be less than \$87,452,500,000, but at least \$86,452,500,000. With that finding, the following Health and Human Service Program cuts reductions totaling \$600 million will be made:

- ☐ Extending Medi-Cal managed care cuts to the Program of All-Inclusive Care of the Elderly (PACE), the Senior Care Action Network, and the AIDS HealthCare Foundation;
- ☐ Reduced service hours in the In-Home Supportive Services (IHSS) Program;
- ☐ Department of Developmental Services budget cuts;
- ☐ Reduced funding for IHSS anti-fraud grants.

The balance of cuts will come from higher education, the Department of Corrections, the State Library and childcare programs. A second round of cuts from K-12 education will be made if projections fall below \$86.5 billion.

*Excerpted from CDCAN Report #186-2011.*

## Bert Bettis Elected to Chair California Commission on Aging



Bert Bettis

Bert Bettis was elected to chair the California Commission on Aging at the CCoA's annual election in November. Appointed to the Commission by the Senate Rules Committee in 2009, Ms. Bettis retired this year from the Sacramento County Department of Health and Human Services where she managed health and human service programs. Ms. Bettis used her experience and skills to maximize scarce resources with interagency collaborations and partnerships. She encouraged the development of a non-profit corporation, Take A Stand Against Elder Abuse, to help support and sustain services for seniors and dependent adults. Ms. Bettis has a BS in sociology from Tuskegee Institute and a MA in counseling from Pepperdine University.

Ms. Bettis sees the value of the CCoA's role in offering "the public an avenue to convey ideas, interest and creative solutions to problems through public hearings. Additionally, the Commission participates in private/public partnerships to seek effective and cost-saving solutions to problems that are often enduring and wide-ranging.

"The Commission membership is comprised of a diverse group of individuals with a vast array of skills, abilities, employment and leadership experiences in systems that serve older adults. As a result, the Commission serves as an efficacious body to provide recommendations on aging issues and legislative efforts that impact older adults. As the newly elected chairperson, I look forward to our course of work for next year and our efforts to further facilitate the coordination of services between organizations and systems that serve older adults."

Karen Josephson, a geriatrician from Long Beach and 2008 Governor's appointee to the CCoA, was elected vice chair last month. Dr. Josephson is the owner of Sage Healthcare, Inc., a concierge medical practice in Long Beach. She was an assistant professor of internal medicine and geriatric medicine at the USC Keck School of Medicine for 12 years. She also serves on the board of the Association of American Private Physicians and assists on committees for the St. Barnabas Senior Center.

Other members of the 2012 Executive Committee are Havard Staggs (Jackson), Jim Davis (Eureka), Virgie Walker (Carson), Hank Lacayo (Newberry Park), and Lucy Fisher (San Francisco).



Karen Josephson, M.D.

### American Geriatrics Society's Foundation for Health in Aging Joins National Go4Life® Campaign: A New Public-Private Initiative To Encourage Exercise for Older Adults

The American Geriatrics Society's Foundation for Health in Aging has partnered with the National Institute on Aging (NIA) in Go4Life, a new national exercise and physical activity campaign for people age 50+. The goal of Go4Life is to provide resources to older adults that they can use to incorporate exercise and physical activity into their everyday lives. This federal campaign is based on research showing that exercise and physical activity can help people stay healthy and independent, and prevent some of the chronic conditions associated with aging.

The center of Go4Life is an interactive website - [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life) - that provides information for individuals, families and friends, organizations, and healthcare professionals. It features exercises, success stories, and free materials to motivate the growing numbers of older people to start exercising, and to keep exercising to improve their health and achieve a better quality of life.

The AGS Foundation for Health in Aging (FHA) aims to build a bridge between the research and practice of geriatrics healthcare professionals and the public, and to advocate on behalf of older adults and their special needs: wellness and preventive care, self-responsibility and independence, and connections to the family and community.

*Excerpted from a November 1, 2011 Foundation for Health in Aging press release.*

**California Commission on Aging**

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## ***Riverside ADRC's Care Transition Program Recognized by AoA***

Riverside County's Aging and Disability Resource Center Evidence-Based Care Transition Program has been recognized for its best practices by the Administration on Aging and is featured in the AoA's Care Transitions Toolkit. Designed to help organizations prepare to provide care transition services, the Toolkit includes guidance from states already operating Aging and Disability Resource Centers (ADRC), ADRC Evidence-Based Care Transitions Programs, Person-Centered Hospital Discharge Models, Community Living Programs, and the Veteran Directed Home and Community Based Services Program. Riverside's Care Transition program is featured in the "lessons learned" section, offering guidance on the importance of careful program staffing, and samples of the program's hospital liaison charter letter and their consumer pre- and post-transition surveys are included for others to use. To access the Care Transitions Toolkit, visit the AoA website at [http://www.aoa.gov/AoARoot/AoA\\_Programs/HCLTC/ADRC\\_caretransitions/Toolkit/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/ADRC_caretransitions/Toolkit/index.aspx).

## **Senior Center Month Resolution Presented**



Assemblymember Bonnie Lowenthal (D-Long Beach) presented ACR 78, declaring November, 2011 as Senior Center Month in California, at the November 14 Senior Center Stakeholder Forum. Co-sponsored by CCoA and the California Senior Legislature, Ms. Lowenthal (shown at right) is pictured with (left to right) CCoA members Virgie Walker and Marian Last, and Senior Senator Joe Cox. The resolution was authored by Assemblymember Cathleen Galgiani (D-Stockton), who was unable to attend.

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