

**CCoA**  
California Commission on Aging

# AGEWATCH

## Celebrating the Contributions of Older Americans during *Older Americans Month*



May is *Older Americans Month*, a time for communities across the nation to honor and acknowledge the contributions – both past and current – of older Americans. Americans over 60 can be credited with the advances that made the U.S. the advanced and prosperous nation that it is, building the economy, its infrastructure, the health care system and services people need to thrive. This same group continues to contribute today, devoting millions of hours each year to volunteerism.

The theme chosen by the Administration for Community Living for this year's celebration is "*Get into the Act*," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

This year Older Americans Month also comes during the 50th anniversary year of the Older Americans Act, signed into law by President Johnson in July 1965. Contact your Area Agency on Aging at 1-800-510-2020 for information on OAA events in your community.



### Just how old IS old?

United HealthCare's annual 100@100 survey polls 100 centenarians each year to examine their attitudes and opinions on health, family, likes and dislikes, and more. When asked what age they truly feel, more than half (52 percent) of 100-year-olds say they feel younger than their actual age. On average, centenarians report feeling more than two decades younger at 79 years old.

Keeping a positive attitude is the most important factor in staying healthy, according to a quarter of the centenarians surveyed. The next most popular answers are eating healthy (21 percent), exercising regularly (10 percent), and keeping busy (9 percent). To see the full survey results, visit <http://www.uhc.com/news-room/2015-news-release-archive/survey100>.

Excerpted from United HealthCare, *How Old Is Old? Centenarians Say It Starts in Your 80s; Kids Say Your 40s*. April 30, 2015 news release.

AGE WATCH 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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## 2015 WHITE HOUSE CONFERENCE on AGING

### California invitees share their expertise at the White House Conference on Aging Regional Forum

California was well-represented at the March 2015 White House Conference on Aging Regional Forum in Phoenix, AZ, where federal officials heard from seniors, their caregivers, advocates, community leaders and others on the key issues affecting older Americans today.



California invitees to the March 31 White House Conference on Aging Regional Forum in Phoenix, AZ included (L-R) Victoria Jump, Michelle Haddock, James Monson, Gloria Sanchez, Steve Schmoll, Paul Downey, Lori Delagrammatikas, Sandi Fitzpatrick and David Ishida.

Californians at the forum included area agency on aging directors Victoria Jump (Ventura), Michelle Haddock (Riverside) and Steve Schmoll (Santa Clara); AAA advisory council members James Monson (Marin) and Gloria Sanchez (Riverside); Paul Downey (National Association of Nutrition and Aging Service Providers); Lori Delagrammatikas (National Adult Protective Services Association); Sandi Fitzpatrick (California Commission on Aging); and David Ishida (Administration for Community Living).

The 2015 White House Conference on Aging is intended to help inform the landscape of aging policy for the future. One of five regional forums planned this spring, the March 31st event provided an opportunity to hear directly from the community regarding issues such as protecting retirement security, promoting healthy aging, providing long-term services and supports, and protecting older Americans from financial exploitation, abuse and neglect.

Earlier WHCoA regional forums were held in Tampa, FL; Seattle, WA; and Cleveland, OH; with the final forum scheduled for Boston on May 28. Webcasts from each of the regional forums are posted on the WHCoA website at <http://whitehouseconferenceonaging.gov/index.html>. Policy briefs on the primary topic areas of Healthy Aging, Long-Term Services and Supports and Elder Justice are available there as well.

### Governor Brown Releases May Budget Revisions

Governor Brown has released revisions to his January budget proposal for 2015-2016, reflecting a \$6.7 billion increase in General Fund revenues. Despite booming state revenues, the "May Revise" includes few changes to the health and human service programs serving older adults and persons with disabilities.

Among the increases in the document is \$61.6 million in primarily federal funds for additional payments to health plans that participate in the Health Homes Program beginning January 2016. The program permits DHCS to develop a health homes program will provide comprehensive care management, care coordination, health promotion, comprehensive transitional care, individual and family support, and referral to community and social support services. The May Revise also includes an increase of \$147.6 million General Fund in 2014-15 and \$179.1 million General Fund in 2015-16 associated primarily with increases in IHSS caseloads. The Governor's revised budget also includes an unexpected proposal for a multi-year goal of closure of the State's three remaining developmental centers, with a closure goal of 2018.

Information from Department of Finance, *2015-2016 May Revision Summary*, May 14, 2015 and CDCAN DISABILITY-SENIOR RIGHTS REPORT, CALIFORNIA DISABILITY-SENIOR COMMUNITY ACTION NETWORK, MAY 14, 2015, THURSDAY MORNING.

## NIH Recommends New Approach to Alzheimer's Disease Research

Recommendations released on May 1 by the National Institutes of Health call for a “bold and transformative Alzheimer's disease research agenda.” Developed at the recent [Alzheimer's Disease Research Summit 2015: Path to Treatment and Prevention](#), the highly anticipated recommendations provide the wider Alzheimer's research community with a strategy for speeding the development of effective interventions for Alzheimer's and related dementias.

The recommendations, which are to be considered by the National Advisory Council on Aging at its meeting this week outline new scientific approaches to address critical knowledge gaps and propose ways to harness emerging technologies to accelerate treatments for people at all stages of the disease. They also identify infrastructure and partnerships necessary to successfully implement the new research agenda and strategies to empower patients and engage citizens.

Overarching Alzheimer's disease research themes include:

- Understand all aspects of healthy brain aging and cognitive resilience to inform strategies for Alzheimer's disease prevention.
- Expand integrative, data-driven research approaches such as systems biology and systems pharmacology.
- Develop computational tools and infrastructure in order to enable storage, integration and analysis of large-scale biological and other patient-relevant data.
- Leverage the use of wearable sensors and other mobile health technologies to inform discovery science as well as research on Alzheimer's disease care.
- Support and enable Open Science in basic, translational and clinical research.
- Change the academic, publishing and funding incentives to promote collaborative, transparent and reproducible research.
- Invest in the development of a new translational and data science workforce.
- Engage citizens, caregivers and patients as equal partners in Alzheimer's disease research.

To read more about the February 2015 research summit and recommendations, visit:

<http://www.nia.nih.gov/research/recommendations-nih-ad-research-summit-2015>

Excerpted from National Institutes of Health news release, *NIH summit delivers recommendations to transform Alzheimer's disease research. May 1, 2015.*

## Long-Term Care Reform Package Making Its Way Through Legislature

California legislators are considering a package of 24 bills this session collectively aimed at improving the state's support network for aging services and long-term care.

The bills – 12 in the Assembly and 12 in the Senate – deal with a variety of issues involving some of the 112 separate programs for aging and long-term care overseen by 20 different agencies and departments in the state and county governments.

Many of the reforms are in response to a report by the Senate Select Committee on Aging and Long Term Care, which spent more than a year reviewing services for older people in California. The committee's report – ["A Shattered System: Reforming the Aging and Long Term Care System in California"](#) – contends that the state's disparate efforts to support aging Californians are disjointed and less effective than they could and should be.

The bills from more than a dozen lawmakers range from sweeping reforms, such as those proposed by Sen. Carol Liu (D-La Cañada Flintridge), to specific, finite changes, such as a 60-day limit for investigating nursing home complaints and broadening the scope of practice for nurse practitioners.

Liu, chair of the Senate Select Committee on Aging and Long Term Care, introduced legislation that would create a new HHS department – the Department of Community Living, create a new post – Assistant Secretary of Aging and Long Term Care, and develop a state Aging and Long Term Care Plan. Another Liu bill calls for the creation of a statewide web portal linked with regional websites giving consumers and caregivers information on aging and long-term care services and supports.

Reprinted from California Healthline - *Long-Term Care Reform Package Making Its Way Through Legislature*. Monday, April 27, 2015

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## CCoA joins Long List of Advocates Voicing Support for Older Americans Act Reauthorization

California organizations have joined the long list of advocates nationwide calling for reauthorization of the Older Americans Act in 2015. The *California Commission on Aging* partnered with *C4A* and the *California Association of Public Authorities* in sponsoring **ACR 38** in the State Legislature, which honors the continued value of OAA programs during the Act's 50th anniversary year and calls on Congress to reauthorize and fully fund OAA programs in 2015. Carried by Assembly Aging & Long-Term Care Committee Chair Cheryl Brown, the resolution won unanimous support in the Assembly last week.

In a January 20, 2015 press release, the *National Consumer Voice for Quality Long-Term Care* (Consumer Voice) applauded the bipartisan introduction of the **Older Americans Act Reauthorization Act of 2015, S. 192**. The Consumer Voice notes that without reauthorization "the future of essential programs and services under the Act that benefit seniors – such as home-and-community based services; nutritional and transportation programs; family caregiver support; and programs that protect vulnerable seniors, such as the long-term care ombudsman reauthorization, program – remain uncertain. In addition, the reauthorization of the *Older Americans Act* allows Congress to update and improve upon the law's vital programs and services. S. 192 would strengthen the current law in a number of ways."

In the *National Association of Social Workers'* (NASW) April 2015 press release, NASW noted the importance of the OAA to the social work profession, pointing to vital services that help older adults remain healthy and independent, as well as those seeking address neglect, abuse and exploitation of the elderly. According to NASW "Reauthorization offers critical opportunity to meet the needs of a 21<sup>st</sup> century population."

Other organizations advocating for OAA reauthorization include LeadingAge; National Committee to Preserve Social Security; the National Association of Nutrition and Aging Services Programs; AARP; Eldercare Workforce Alliance; Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders (SAGE); and the Leadership Council of Aging Organizations.

*Information from: National Association of Social Workers. Issue: Support Reauthorization of the Older Americans Act (S.192) to Support Older Adults Dignity and Independence. April 2015 press release. - Consumer Voice Applauds Introduction of Bipartisan Legislation to Reauthorize the Older Americans Act in the U.S. Senate - Bill would Strengthen Long-Term Services and Supports. January 20, 2015.*

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### Upcoming Events

May 15, 2015 -- **Building Awareness of Elder Financial Fraud and Abuse**; screening of *Fleeced*:

*Speaking Out Against Senior Financial Abuse*. 1:00 pm – 2:30 pm, Davis Senior Center, 646 A Street, Davis, CA 95616. Call (530) 757-5696 to RSVP.

May 19 - 20, 2015 -- **Triple-A Council of California**. Vagabond Inn, Sacramento. [www.4tacc.org](http://www.4tacc.org) for information.

June 15, 2015 -- First Global Summit on Elder Financial Exploitation in honor of the 10th anniversary of World Elder Abuse Awareness Day. Washington, D.C. [www.napsa-now.org/WEAAD](http://www.napsa-now.org/WEAAD) for details.

June 16 - 17, 2015 -- **California Commission on Aging**. Embassy Suites Hotel, San Diego. [www.ccoa.ca.gov](http://www.ccoa.ca.gov) for agenda and meeting information.

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