

CCoA
California Commission on Aging

AGEWATCH

Value of Centers Highlighted during National Senior Center Month



Senior Centers have a special place in the lives of older adults and service providers alike. The important work centers do is recognized each September during National Senior Center Month, with events and celebrations highlighting the ways centers enhance

seniors' lives.

This year the National Council on Aging (NCOA) has announced the 2015 Senior Center Month theme of *Celebrate LIFE at Your Senior Center*, focusing on how senior centers provide opportunities for Learning, Independence, Friendship, and Energy. Senior centers nationwide are planning special events to highlight their year-long offerings for older adults in the community.

"From the youngest baby boomers turning 50 to nonagenarians, older adults today are looking for empowerment, and senior centers are evolving to support their needs," said Maureen O'Leary, Program Manager of NCOA's National Institute of Senior Centers (NISC).

Older adults are a dynamic generation, looking for the opportunity to share their diverse skills and talents. Senior centers provide a space for them to learn and socialize with their peers, as well as offering tools and resources to help them manage their health and finances to stay independent.

To find out more about National Senior Center Month, visit ncoa.org/SeniorCenterMonth.



Celebrate LIFE at Your Senior Center!

SEPTEMBER 2015

LEARNING
Expand your knowledge

INDEPENDENCE
Live on your terms

FRIENDS
Enjoy life

ENERGY
Discover health and vitality

ncoa
National Institute of Senior Centers

National Senior Center Month

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. (916) 419-7591

www.ccoa.ca.gov

National Aging News

Draft Guidelines for Adult Protective Services Systems available for Review

The Administration for Community Living (ACL) has released [Draft Voluntary Consensus Guidelines for State APS Systems](#) in an effort to support states in developing effective Adult Protective Services (APS) systems. The ACL has made the document available for public comment, and anyone with background or interest in Adult Protective Services or the elder justice field is encouraged to review.

As the first official guidance for the national network of APS systems, the new draft guidelines were written by experts in the field using the best research available on effective practices. According to ACL, the goal of the new guidelines is to ensure that older adults and people with disabilities are afforded proper protection and services. ACL acknowledges the diversity of the network that works with APS and they want to hear feedback from all parts of this system. The deadline for comments is **Friday, October 30, 2015**.

To read the draft guidelines, register for a listening session or to submit comments, visit the [Administration for Community Living website](#).

Information from the Administration for Community Living.

Support sought for the SSI Restoration Act

The advocacy organization *Justice in Aging* reports that the [Supplemental Security Income \(SSI\) Restoration Act of 2015](#) (S 1387 and HR 2442), which was introduced in Congress on May 19, 2015, is gaining traction in both the Senate and the House. Currently ten Senators and more than 30 Representatives have signed on to the bill to reduce senior poverty. The bill will provide for long-overdue updates to the SSI program that millions of the poorest older Americans and people with disabilities rely on as their sole source of support.

SSI was established in 1972 as a safety net for those who (through disability or age) were unable to work and had little to no pension, savings, or Social Security benefits. But, because important aspects of the program have not been updated in more than 30 years, some of our country's most vulnerable citizens are deeper in poverty today than they were then. With 6.4 million seniors living in poverty today and income inequality on the rise, senior poverty is a huge and growing problem. The Supplemental Security Income Restoration Act of 2015 would update the income and asset limits to better reflect reasonable assistance in today's dollars.

For more information on the Social Security Income Restoration Act, visit the Justice in Aging [website](#).

Information from Justice in Aging.



The First Week of Fall Is Fall Prevention Awareness Week

Falls are a leading cause of deaths, injuries, and hospital admissions among older adults. Falls can take a serious toll on older adults' quality of life and independence. To recognize this critical issue, at the state level, SCR 77 (D-Lowenthal) was passed in 2008 declaring the first week of Fall each year as Fall Prevention Awareness Week in California.

At the heart of this initiative is the message that falls are preventable. During Fall Prevention Awareness Week, California's fall prevention coalitions, health care providers, and senior service agencies will hold presentations, health fairs, screenings, and workshops to raise awareness among older adults and their families and caregivers, elder care professionals, and the general public about the seriousness of falls and ways to reduce fall risk.

For resources to use in promoting fall prevention at home and in your community, visit the Fall Prevention Center of Excellence [website](#).



Step It Up! U.S. Surgeon General Call to Action Promotes Walking and Walkable Communities

Being physically active is one of the most important steps that people of all ages and abilities can take to improve their health. Increasing people's physical activity level will significantly reduce their risk of chronic disease and premature death and support positive mental health and healthy aging.

One out of every two U.S. adults is living with a chronic disease, such as heart disease, cancer, or diabetes. These diseases contribute to disability, premature death, and health care costs. Increasing people's physical activity levels will significantly reduce their risk of chronic diseases and related risk factors. Because physical activity has numerous other health benefits—such as supporting positive mental health and healthy aging—it is one of the most important actions people can take to improve their overall health.

Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities recognizes the importance of physical activity for people of all ages and abilities. It calls on Americans to be more physically active through walking and calls on the nation to better support walking and walkability. Improving walkability means that communities are created or enhanced to make it safe and easy to walk and that pedestrian activity is encouraged for all people. The purpose of the *Call to Action* is to increase walking across the United States by calling for improved access to safe and convenient places to walk and wheelchair roll and by creating a culture that supports these activities for people of all ages and abilities.

To read *Step It Up! The Surgeon General's Call to Action on Walking and Walkable Communities*, visit <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>.

Excerpted from the U.S. Surgeon General's report Step It Up! The Surgeon General's Call to Action on Walking and Walkable Communities. 2015.

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Rancho Mirage**New Report Highlights Progress; Disparities for Older Adults in L.A.**

A new report released by the [USC Edward R. Roybal Institute on Aging](#) at the USC School of Social Work found that while Angelenos overall are living longer, there are significant differences in health prospects for older adults of certain racial and ethnic backgrounds, depending on where they live in the county.

The *2015 Los Angeles Healthy Aging Report* details important information about the health and overall well-being of adults age 50 or older living in Los Angeles County, with an emphasis on those in South Los Angeles, East Los Angeles and the Harbor area. One of the most comprehensive explorations of aging and quality of life ever conducted on LA's older residents, the study reports on health status, access to and use of health care, and social and economic factors affecting healthy aging.

"While we have made progress in fostering an environment for healthy aging in some areas, our sub-county data tells us that we've fallen behind in providing adequate and accessible health and wellness resources to many of our communities," said Provost Professor William Vega, executive director of the Roybal Institute. "The findings put a spotlight on several areas where changes are needed."

Using data from numerous L.A. based organizations, the report finds:

- Life expectancy for older L.A. residents increased by more than six years between 1991 and 2011; declining heart disease, stroke, lung cancer and diabetes rates led to an 18 percent drop in mortality in the region.
- Significant disparities in health care providers in the L.A. region, with 1,000 physicians for every 100,000 residents of West L.A., and fewer than 50 physicians for every 100,000 residents in South L.A.

The full report is available on the USC Edward R Roybal Institute on Aging [website](#).

Excerpted from USC News. Lim, Vincent. USC report highlights challenges for Los Angeles County's aging adults. Sept. 14, 2015

AGEWATCH**September 2015****Upcoming Events**

September 17-18, 2015 – California Commission on Aging, Chico. www.ccoa.ca.gov for information.

October 26, 2015 – Congress of California Seniors 2015 Convention --- California – A Place to Age. Holiday Inn Capitol Plaza, Sacramento. www.seniors.org for information.

October 27, 2015 – The SCAN Foundation 2015 Long-Term Services and Support Summit. Sacramento Convention Center. Visit The SCAN Foundation website for [registration](#) information.

November 17-19, 2015. C4A 2015 Annual Meeting and Allied Conference. Sheraton Gateway Los Angeles. Registration information at 916-443-2800 or e-mail aging@c4a.info.

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