



# The SAGE AGE

Areawide Aging Agency

*Advancing the Independence of Senior Adults in Central Oklahoma*

January 2017 Vol. 31 No. 1

## What's Inside

Shop and Search Online to Benefit Areawide .....Pg. 2

Top Ten Ways to Protect Yourself From Fianancial-Abuse .....Pg. 4

Volunteerism-The Hear Of America .....Pg. 5

A Publication of Areawide Aging Agency

## Areawide Issues Request for Proposal for Fiscal Year 2018

Areawide will issue its Request for Proposal (RFP) on February 8, 2017 for Older American Title III services for the fiscal year 2018.. Grants which will be open for bids are: Canadian County – nutrition, homemaker, transportation, nutrition education, nutrition counseling, and outreach.

Logan County – nutrition, homemaker, transportation, nutrition education, nutrition counseling, and outreach.

Oklahoma County – nutrition, homemaker, nutrition education, nutrition counseling, and outreach.

Caregiver services will also be open for bid for Canadian, Cleveland, Logan, and Oklahoma Counties. Those services include access to services, information about services, respite care, caregiver training, support groups for both caregivers and for grandparents raising grandchildren, and school supplies for grandparents raising grandchildren.

Health Promotion and Disease Prevention services are also open to provide evidence-based health promotion activities in Areawide’s four county area.

A required Proposer’s Conference will be held on February 15, 2017 from 9:30 to noon at Areawide. RFP packets may be picked up at Areawide any-



*Participants enjoy time spent at the local Older American’s Act Title III nutrition site.*

time from Wednesday, February 8 until 9:00 a.m. on Wednesday, February 15 or you may request a copy to be mailed.

Grants will be due to Areawide by noon on Friday, March 17, 2017. A presentation will be made to the grants review committee on Thursday, April 13 with notice of grant award being mailed by April 25. The new year begins July 1, 2017.

Call Areawide Aging Agency , (405) 942-8500 for more information.

# Areawide Business News

## Silver-Haired Legislature Meets, Sets Bills

The Oklahoma Silver-Haired Legislature (OSHL) met for their annual meeting September 21-22, 2016, in Oklahoma City. Several bills were proposed, discussed in committees, amended and passed by priority. The top five bills voted this year to be submitted to Oklahoma's First Regular Session of the 56<sup>th</sup> Legislature are:

- Establish a Registry of individuals convicted of abuse, neglect, or exploitation of a senior or other vulnerable adult.
- Nursing facilities licensed by the Oklahoma State Department of Health to install or arrange for a standby generator for emergency needs.
- A nursing facility shall maintain professional liability insurance coverage of at least \$1,000,000 for each occurrence of negligence.
- Amend current law by allowing optometrists to rent space in mass merchandiser stores, (Target, Walmart, Sam's Club, etc.) creating a one-stop shopping opportunity serving seniors' eyewear needs.
- Amend a current law that requires vehicle headlights to be on due to insufficient light or unfavorable atmospheric conditions, where persons and vehicles on the highway are not clearly discernible at a distance of 1,000 feet or less—(add this to it) or the windshield wipers of the vehicle are in continuous use as a result of rain, sleet or snow.

Thanks to everyone involved for their diligence and hard work resulting in these bills; we will follow them throughout the legislative process. For more information about SHL, contact **Cindy Brown** at (405) 942-8500.

The Sage Age is a quarterly publication of Areawide Aging Agency, Inc. If you would like to receive a copy of the Sage Age, please call (405)942-8500.

Editor: Kathy  
Langley

## Shop and Search Online to Benefit Areawide

If you like the ease of shopping online, then shop on AmazonSmile or Goodshop and donate to Areawide Aging Agency at the same time!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Areawide Aging Agency whenever you shop on AmazonSmile.

Select Areawide Aging Agency as the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service, but every time you shop, you are helping Areawide at the same time.



When you shop with Goodshop, a percentage of your purchases is donated to your chosen cause. The percentages donated depend upon the store you are shopping. Goodshop is an online shopping mall that donates a percentage of your purchase price to your cause when you shop at one of 3,000+ partner stores including top retailers. There are also money-saving coupons so you can save money and give back at the same time!

Also, instead of using Google to do internet searches, you can use Goodsearch and for every qualified search, Areawide will receive a penny. Pennies add up over time.

Bookmark [smile.amazon.com](http://smile.amazon.com) and [goodshop.com](http://goodshop.com) for your shopping convenience!

Thank you to Carol Mitchell for the donation to the Sage Age Newsletter in honor of Sage Age Editor Kathy Langley

# Injuries Caused by Falls Are a Common Issue for Seniors

As our population ages and people live longer, the number of older Americans who fall and suffer serious, even fatal, injuries is soaring. One in every three adults aged 65 and over will fall this year. Falls are the leading cause of injury-related death for this age group. The number of people over 65 who died after a fall reached 25,500 in 2013, the last year for which fatality numbers are available. Over 2.5 million people over 65 were treated in emergency departments for injuries from falls in 2013. Over 734,000 patients are hospitalized because of a fall injury, most often because of a head injury or hip fracture. Falls are the most common cause of traumatic brain injuries. Many people who fall, even if they aren't injured, become afraid of falling. This fear may cause them to limit their everyday

activities, which will lead to reduced mobility and loss of physical fitness. This will increase their chances of falling again.

Most falls can be prevented by following some simple fall-prevention measures.

- Make an appointment with your doctor to review your medicines, prescription and over-the-counter, for any side effects and interactions that could increase your risk of falling. Some medications may make you dizzy or sleepy.

- Have your eyes checked by an eye doctor at least once a year, and keep your eyeglasses updated. Changes in your vision may increase the risk of falling. When the glasses are bifocal, it can be easy to lose your balance if you look down through the lower half of the glasses. To prevent this from happening, people who wear bifocals must practice looking straight ahead and lowering their heads. Some bifocal wearers get a pair of single lens distance glasses to wear in outdoor and unfamiliar settings.

- Stay physically active. Exercise regularly, focusing on increasing leg strength and improving balance. Tai Chi is a good example of this kind of exercise. Exercise classes, including Tai Chi, can be found in various sites in the area.

- Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip and fall. So can walking in your stocking feet. Wear non-skid, rubber-soled, low-heeled shoes or lace-up shoes with non-skid soles that support your feet. Avoid shoes with extra thick soles.

- Remove home hazards. Don't leave books, newspapers, cords, clothes, etc. on the floor or stairs. Secure loose rugs with double-faced tape or a slip-resistant backing. Arrange your furniture so that nothing is in your way. Use nonslip mats in your bathtub or shower. Keep track of your pet's location so that you don't trip over him.

- Keep your home brightly lit to avoid tripping on objects that are hard to see. Place night-lights in your bedroom, bathroom, and hallways. Store flash-lights in an easy-to-find place.

- Consider purchasing a portable phone that you can take with you from room to room. This would keep you from rushing to another room to get the phone, and you could call for help if an accident should occur. A home monitoring system could also be helpful.

- Use assistive devices to help you avoid falls. Hand rails for both sides of the stairways could prevent a fall. Other assistive devices that could be helpful include a raised toilet seat and grab bars for the shower or tub.

*(Information from National Institute on Aging, Mayo Clinic, and Centers for Disease Control and Prevention.)*



In November and early December, Areawide Aging Agency collected food and personal hygiene items for home bound seniors. Our third annual Christmas Cheer for the Elderly was a success. We would like to thank our Staff, Board of Directors, Advisory Council, local participating offices, family and friends for making this food drive such a hit with the seniors. We had quite a variety of food donated along with warm blankets, socks, and gloves. The items were given to our Senior Meal Programs and Mobile Meals of Oklahoma County to pass out to home bound participants.

# Top Ten Ways to Protect Yourself From Financial Abuse

While aging is not a disease, and disability is not an inevitable consequence of growing old, many elders do suffer from varying degrees of disability brought on by accident or illness. This often leads to dependence which, in turn, makes these seniors vulnerable and inviting targets to elder abuse. However, victimization is also not an inevitable part of the aging process. You can, and should, take steps to avoid such vulnerability.

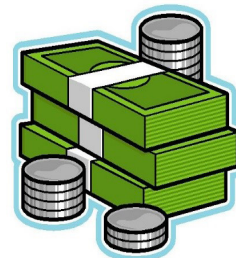
Transparency provides the strongest abuse protection. If others are aware of your finances, either possible predators will find no opportunity to take advantage of you or your loved ones in times of vulnerability. It will also make it easier for police, social services, or other professionals to minimize any exploitation which does occur, and, perhaps, even apprehend the bad guy and bring him/her to justice.

Make sure that someone close to you has access to your accounts to be able to see if anything unusual is going on, such as suspicious checks or larger-than-usual cash withdrawals from ATMs. The oversight can be through copies of monthly statements or online access to accounts.

Creating joint accounts with someone you trust gives them oversight as well as the ability to write checks, make investment decisions and take steps if necessary to protect the funds in the account. This may also be a good estate planning tool as joint accounts avoid probate. Most banks are happy to assist their customers in a financial security plan. I can't overemphasize the need for making sure you only add the name of someone you really trust to the account. I've seen situations where joint accounts become a means for financial abuse themselves when, for example, the joint owner claims the funds in the account as a gift.

Revocable trusts also provide great protection as well as a useful estate

planning tool. They can render the same protection as the joint account, but avoid some of their pitfalls. Your revocable trust gives someone you trust access to your accounts in trust and the ability to step in seamlessly if you become disabled. Unlike a joint account, it does not give the trustee any ownership interest in the account. If, for instance, you had four children



but named one as a co-owner of your joint accounts, at your death she would have the legal right to claim the balance. A revocable trust would avoid that result.

Nothing prevents financial abuse or stops it in its tracks better than frequent visits by loved ones. Either the potential perpetrator will see that he or she can't isolate you and take advantage of him or family members or friends will notice the abuse before it goes too far. Often, financial exploiters attempt to drive a wedge between their intended victim and other family or friends. Be especially wary of any "new best friend" who seeks to control your access to relatives, friends, or usual activities.

A second set of eyes is always helpful. If someone helps you pay your bills, they can make sure that you're not letting anything slip through cracks or paying something that you shouldn't. They will be able to help you sort through your mail and determine what is important and what is not. You'd be surprised at how helpful this can be. I know of one case where a lady checked her balances and thought everything balanced. When her sister double-checked it, she found that some of her utility bill payments had been "washed". The numbers corresponded with what the checks were written for, but the payee was someone completely different.

You can get credit cards which allow someone besides yourself to monitor the activity. They can also limit the amount spent in a given billing cycle, and limit where the funds can be spent. This sounds like giving up some control or freedom. The sacrifice is pretty minor when you realize the security and peace of mind which results. If these types of accounts sound interesting, check with your bank for additional information.

Many people feel the “do-not-call” list is a waste of time because unwanted calls still get through. It’s true that the system still has bugs. For example, businesses you’ve bought something from or made a payment to in the last 18 months have a right to call, as do political organizations, charities and survey takers. When they call, however; just firmly tell them to take you off their list and they have to honor your request. Also, be careful of signing up for sweepstakes and free product offers. The fine print may include your permission to receive telemarketing calls from affiliated companies. Still, there’s no downside to registering with the FTC either online at [www.donot-call.gov](http://www.donot-call.gov) or by calling 888.382.1222.

The Direct Marketing Association permits you to limit the amount of catalogs, credit card offers and other direct mail pieces you or a loved one receives. They may not do this out of the goodness of their hearts but they don’t want to waste their print and mail costs sending to consumers who have no interest in their products either.

Invest in a shredder. Identity theft is a huge business. Shred all credit card and bank statements, as well as any other documents by which

## Volunteerism-- The Heart of America

The role of volunteers in the United States has always been to recognize significant issues and needs and provide services that address those needs. The Ombudsman volunteer has a unique role in monitoring the quality of services for people who are vulnerable and living in long-term care facilities. The core role of the Ombudsman is to safeguard the interests and rights of vulnerable adults who live in long-term care. Ombudsmen do this by identifying and reporting concerns and problems from the perspective of the individual resident and by addressing these for resolution within the long-term care residential setting.



In 1736, Benjamin Franklin formally organized Philadelphia’s volunteer fire company. That concept quickly spread throughout the colonies and this model still persists today. In the United States, just about everyone, at one time or another, has been a volunteer. Three and a half centuries later, volunteerism

---

someone can access account numbers, social security numbers, or other identifying information.

Elder law attorneys, whether at Legal Aid or elsewhere, can assist you with your estate planning and financial management. There’s no substitute for one-on-one consultation and a full and frank discussion of your own personal situation.

There’s no magic cure for elder abuse – whether financial or physical. Criminals like soft targets. Make yourself a harder target.

still permeates American society. Volunteering has become so entrenched, most Americans probably never contemplate the role of volunteerism in their day-to-day lives. Americans volunteer not because of coercion or profit, but because they recognize a need and are willing to take responsibility for meeting that need. Conversely, because American Volunteers assume this responsibility, in addition to their everyday jobs and duties, and do not seek monetary reward, the volunteers themselves often underestimate the impact of their work. As baby boomers age and move into long-term care, the need for Ombudsmen volunteers will grow. Unfortunately, according to a report from the Bureau of Labor Statistics, volunteerism has declined significantly since 2002. It’s time for change. It’s time to reverse this decline. As the New Year begins, consider volunteering as an Ombudsmen. The only requirement is a two-day training to get you prepared for a new adventure in helping vulnerable adults living in long-term care and a willing heart to make someone’s life better. An Ombudsman volunteer spends only two hours per week in a long-term care facility and attends a monthly meeting. If you are interested in being part of the revolution to stop the decline of volunteerism and have a heart for helping vulnerable adults, become an Ombudsman Volunteer. For more information contact an Ombudsman Supervisor at the Areawide Aging Office, 4101 Perimeter Center Drive, Oklahoma City, Oklahoma, **(405)942-8500**. Never underestimate the power and impact of a volunteer!

# Areawide Program News

## *Aging Services of Canadian County*

*Aging Services,  
Inc. (Cleveland  
County)*

## *Aging Services of Logan County*

*Okla. County  
Senior Nutrition  
Program*

## *Embark*

## *Legal Aid*

*Mobile Meals of  
Okla. County, Inc.*

*Sunbeam Family  
Services Caregiver  
Fundamentals*

*University of  
Central Oklahoma,  
Department of  
Kinesiology and  
Health Studies*

Happy New Year! This will be a very busy time for all Americans as we have a new President taking office and many changes in our national Senate and House of Representatives, as well as, our State Legislature. **Aging Services of Canadian County (ASCC)** is hopeful that our senior services will be a priority to the new governing body.

Everyone has survived the holidays and is ready for the cold months ahead. **ASCC** has delivered shelf stable meals in case there is bad weather and **ASCC** is unable to deliver meals on a daily basis. Staff hopes this does not happen, but if it does, the homebound seniors will have a meal for those days.

As always, seniors needing services in Canadian County can call **405-262-7121** and **ASCC** staff will be glad to do whatever they can to help get them the services they need.



**EMBARK** is pleased to partner with the Areawide Aging Agency to provide transportation for grocery shopping, congregate meals, and medical appointments to seniors 60 or more years of age. **EMBARK** also offers ½ price on bus fares and discount taxi coupons.

Let us do the driving! You will enjoy safe and dependable transportation provided by a helpful and friendly driver.

Donations are greatly appreciated, but not required in order to receive services..

For more information call **297-2583**

During the month of November, a fundraiser was held at Slaughter's Hall Restaurant in Deep Deuce in Bricktown for **Mobile Meals of Oklahoma County** and the Messiah Lutheran Church prepared and delivered over 350 meals in Northwest Oklahoma City on Thanksgiving Day.

In January, the Douglas Boulevard United Methodist Church is doing a King Cake Fundraiser to benefit **Mobile Meals**. Work will continue on developing two new sites on the South side of Oklahoma City to help with the long waiting list in that area.

**Mobile Meals** staff appreciates all that the volunteers, churches, and businesses do to help provide a hot meal for many home bound seniors.

Now that winter has arrived and the threat of snow and ice storms is a reality, it is important to note the Closing Plan in case of inclement weather. Everyone at **Aging Services Inc. (ASI)** is concerned about the welfare and well-being of the senior adult participants. Ice and snow covered sidewalks, driveways and stairs can cause individuals to fall possibly sustaining an injury. So for the safety of the seniors, **ASI** will close when dangerous conditions exist.

**ASI** cooks start the day very, very early. If they discover bad weather when they awaken, they contact the project director who then will decide to close the kitchen, congregate sites and suspend services. When the decision to close is made, **ASI** contacts the local television stations. Be sure to turn on your TV and watch the information about closings. Look for **Cleveland County Aging Services**. If the schools in your area are closed, there is a very good possibility **ASI** will also be closed.

Folks who receive home delivered meals are notified at the beginning of their service that there could be inclement weather days and operations could

close in ice or snow conditions. Each year ASI provides all the home delivered meal recipients with two shelf stable meals for use on inclement weather days

ASI staff makes calls to volunteers and participants about closings. ASI makes every effort to make sure everyone knows when closing occurs. The simplest thing to remember is to always check the closings on the local TV stations on bad weather days.

---

Sunbeam Family Services offers the **Caregiver Fundamentals Program (CFP)**, a comprehensive caregiver program designed to supply practical assistance to caregivers (aged 60+) and grandparents (aged 55+) that are raising their grandchildren. Services include Information and Resource Assistance, Seminars and Training, Support Groups, Respite Care, and School Supply Assistance throughout Canadian, Cleveland, Logan, and Oklahoma counties.

CFP will be offering “Understanding and Responding to Dementia-Related Behavior,” presented by the Alzheimer’s Association, at Spanish Cove in Yukon on Friday, March 24, 2017, 1:00 – 2:30 pm. CFP also offers a six-week evidence-based program, “Powerful Tools for Caregivers.”

CFP offers support groups for caregivers in Guthrie, Mustang, Norman, Oklahoma City, and Yukon as well as support groups for grandparents raising grandchildren in Guthrie, Midwest City, Norman, Oklahoma City, and Yukon. For more information about caregiver support groups, or the above trainings, please call **Jessica Welp at 405/609.8939.**

If you are a full-time family caregiver and you need a break from your caregiving responsibilities, you may be eligible to benefit from CFP’s respite service. CFP hires, screens, trains, and places caring individuals with your loved one to provide you with a much-needed break from caregiving.

---

The **CALL Center of the University of Central Oklahoma’s** newest class offering is the Stay Active and Independent for Life (SAIL) program. It incorporates strength, balance and aerobic training into a 60 minute group fitness class for those over the age of 60. Why is strength and balance training so important? It can help show improvements or maintain:

- Strength
- Bone mineral density
- Balance, coordination and mobility
- Mental health
- Emotional health
- Independence in performing daily activities
- Energy
- Reduces cardiovascular risk
- Reduces risk of falling

The Center for Disease Control and the American College of Sports Medicine recommends to participate in 2 or more days a week of strength training that include every major muscle group (chest, back, legs, hips, abdomen, shoulders, and arms). Performing at least 1 set of 8-12 repetitions per muscle group is beneficial for strength. For even greater benefits performing strength training 3-5 days per week with 2-3 sets of 8-12 repetitions can be performed. Some health conditions can limit

the amount of exercise that you can perform, so perform strength training as tolerated. Listen to your body and know when you have done too much or not enough. As always, you should contact your doctor before starting a new exercise program.

Strength training is safe for people of any age and gender. Strength training is also safe for those with limitations from disabilities and diseases. Every exercise can be modified to enable those with limitations to participate. There are many benefits to strength training including reducing pain and stiffness from arthritis. Strength training can also help increase glyce-mic control in those with diabetes.

Come out and join us at our SAIL classes! The classes are ongoing and people can join anytime! There is no fee for the class; however, we accept donations to help us keep the classes going. Below are the locations and times of our SAIL classes!

**Woodson Park Senior Activity Center**

3401 S. May Avenue, OKC

Days: Monday, Wednesday, and Friday

Time: 2:00pm

**Piedmont Church of the Nazarene**

2011 Piedmont Rd. North  
Piedmont, OK

Days: Tuesday and Thursday

Time: 2:00pm

**Coming Soon**

**Highland Hall**

1102 E. Warner Ave  
Guthrie, OK 73044

**McFarlin Memorial United Methodist Church**

419 S. University Blvd.  
Norman, OK 73069

To Sign Up for any location:

**E-mail [call@uco.edu](mailto:call@uco.edu)**

**Call (405) 974-5309**

**[www.ucoall.com](http://www.ucoall.com)**

**Areawide Board  
Members**

**Chalon Anderson**  
UCO

**David Boeck**  
OU College of Architecture

**Umi Chahal**  
Choice Home Health Inc. &  
Hospice

**Joe Forrest**  
Comfort Keepers

**H.R. Holman**  
Retired

**Tim Mauldin**  
Oklahoma City University

**Sara Murphy**  
Legacy Legal Services PLLC

**Tommy Joe Neathery**

**Denise Short**  
OU Health Sciences Center

**Michael Taylor**  
County Commissioner  
Maughan's Office

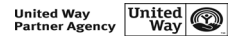
**Areawide Aging Agency, Inc.**  
4101 Perimeter Center Dr., Suite 310  
Oklahoma City OK 73112

Return Service Requested

Nonprofit  
Organization  
U.S. Postage  
PAID  
Oklahoma City, OK

Permit No. 33

The AAA makes no distinction on the grounds of race, color, age, handicap or national origin in the provision of services, financial aid or other benefits, in accordance with the Civil Rights Act of 1964 and the Rehabilitation Act of 1973. A portion of the project costs are met by State and Federal Older Americans Act funds from OKDHS Aging Service Division.



I would like to honor my elderly family member or other Older Oklahoman by making a fully tax deductible contribution to Areawide Aging Agency.

This gift is *In Memory of* \_\_\_\_\_

This gift is *In Honor of* \_\_\_\_\_

Please send an acknowledgement to:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

Please indicate on your check if you wish for your donation to support the printing and mailing of the Sage Age newsletter.