



# The SAGE AGE

Areawide Aging Agency

*Advancing the Independence of Senior Adults in Central Oklahoma*

January 2018 Vol. 32 No. 1

What's  
Inside



*Areawide Executive Director (L) receiving a check from the Masonic Foundation presented by C.W. "Corky" Grigsby, Grand Master and Bobby Peters, Sr., Grand Warden. This money is used to provide home modification for accessibility and other services for qualifying seniors.*

## Don Hudman, Areawide's Executive Director Retiring

Don Hudman, long-time Executive Director for Areawide, is retiring February 28, 2018. He has been one of only two directors for Areawide since its inception in 1973. Hudman took over as Director in September of 1987. Throughout his career, he has always had a passion for seniors and their needs. He has been an advocate for seniors and interested in educating both the public and legislators about seniors' needs. "Older adults in need are our primary concern" says Hudman.

His advocacy efforts have helped establish adult day care in this area as well as Christmas in April, which now is Re-

building Together and doing home repair year round instead of once a year, and aided in getting the first comprehensive Advanced Directive and Living Will passed. Other accomplishments include helping to develop two tax credit housing properties which not only provide affordable housing to seniors but also are a sustainable source of agency funding.

There have been many changes over the years for the Older Americans Act services he directs. "Working for a program that uses public State and Federal tax dollars always requires us to use

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A Publication of  
Areawide Aging  
Agency

# Areawide Business News

## Silver-Haired Legislature Sets Bills for Next Session

The Oklahoma Silver-Haired Legislative Alumni Association (OSHLAA) met in Oklahoma City for their annual meeting September 19-20, 2017. A number of bills were proposed, discussed in committees, amended and passed by priority. The four bills selected this year to be submitted to Oklahoma's Second Regular Session of the 56<sup>th</sup> Legislature when it convenes in early 2018 are:

**Vulnerable Adult Abuse Registry:** Located in the State Attorney General's Office, this electronic registry would include persons who are *convicted* of abuse, neglect, or financial exploitation against a vulnerable adult.

**Home Protection:** Prohibits the sale of a tax lien against the home of a senior citizen or person who is totally disabled and lives on the property. This bill amends current state law to protect more elders from losing their residence.

**Prescription Glasses:** Removes the prohibitions that currently prevent Optometrists from having their offices in "big box" stores such as Wal-Mart, Costco, etc., providing an easy option for obtaining eye exams and glasses.

**Nursing Home Ombudsmen:** Amends the Nursing Home Provider Fee (Quality of Care fee) to expand the number of Long-Term Care Ombudsmen it funds from 10 Area Ombudsmen to 15.

Officers for 2018 were elected: Trish Emig, President; Esther Houser, 1<sup>st</sup> Vice President; Roberta Drake, 2<sup>nd</sup> Vice President, and Monroe Jeffrey, Treasurer.

The OSHLAA group did an outstanding job working through and selecting these four bills. Remember to do your part and *advocate* for Oklahoma's senior citizens during the 2018 Oklahoma legislative session.

## Annual Caregiver Survival Skills Conference to be Held in June

The 20<sup>th</sup> Annual Caregiver Survival Skills Conference: *Caregiving – Empowering the Journey*, will be held Friday, June 15<sup>th</sup>, from 9:00 am until 2:45 pm, at Church of the Servant in Oklahoma City (13434 N. MacArthur Blvd.).

Caregivers face tough situations, have to make very difficult decisions, and sometimes question whether they will be able to continue to care for their loved one. The conference will give the caregiver the resources to help them make it through each day. Caregivers will be able to take a break from caregiving and learn how to handle every day caregiving, both mentally and emotionally. The conference will empower caregivers, letting them know they are not alone.

The Conference Committee is excited to have Lori Hogan, Co-Founder of Home Instead as one of our speakers. The conference will provide lunch as well as a resource fair with representatives from over 25 local organizations & services in the community. There is a suggested donation of \$10.00 to attend the conference. This conference is sponsored by Mercy Hospital, Home Instead Senior Care, Concordia Life Care Community, Sunbeam Family Services and Areawide Aging Agency. Look for more details on the sponsor's Facebook pages in the coming months.

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

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 | Donation In Honor of |  
 | Areawide Aging Agency Staff and Board |  
 | Members |  
 | for their ongoing dedication to the |  
 | well-being of seniors in Oklahoma |  
 | by Carol Ann Mitchell |  
 | — — — — —

## Tips For Choosing the Correct Long-Term Care Facility

Choosing the correct long-term care facility for yourself or a loved one can be a very intimidating and stressful decision. Every facility will have strengths and weaknesses. It is important to find the right fit for the medical needs as well as the social and spiritual needs of the soon to be resident. If at all possible, the soon to be resident should be included in the visitation of any and all facilities and the decision to enter into a long-term care setting. It is important to visit the facility and observe at different times. For example, visiting during the weekdays may provide an entirely different picture than visiting on a Saturday or Sunday evening.

### Areawide's Annual Christmas Cheer for the Elderly a Success

Areawide Aging Agency would like to thank everyone who donated food and personal hygiene items for our fourth annual Christmas Cheer for the Elderly project. This year, we stuffed 500 Christmas stockings with the donated items, bringing a little cheer to home bound seniors in our four county area. We would like to thank our staff, Board of Directors, Advisory Council, local businesses, and the general public who donated items to make this year the best one ever! The stockings were given to Areawide's Senior Meal Programs and Mobile Meals of Oklahoma County to distribute to their home bound participants. For some, this was the only Christmas present they received. If you would like to participate next fall, mark your calendars, as we will start taking donations in November!

Here are a few things to look for and questions to ask during your visit:

- Does the staff seem to be cheerful when interacting with residents? Check body language, facial expressions, and conversations between the two.
- Is the administrator on site during the work week? How is he or she reached on the weekends and after hours on the weekdays? How long has he or she been working at this particular facility?
- Do the current residents appear well groomed, free from bruising, well-fed, and clean?
- Do the meals look appetizing? Is the menu varied? Does the "always-available" menu provide options that the soon to be resident likes?
- Do the activities schedule seem to provide opportunities that challenge or interest the soon to be resident?

Are there out of the facility trips scheduled regularly?

- Do the residents of the facility feel like the staff is responsive to their requests?
- What are the best and worst things about living at the facility according to current residents?
- Does the facility provide a level of care that meets the needs of the future resident?

This is not an all-inclusive list and should be used loosely as a guide when choosing a facility for yourself or a loved one. Remember that when you enter a facility, you are entering the home of the current residents and you should act accordingly. Always ask permission prior to speaking to a resident or entering the room of a resident.

For more information on choosing a long-term care facility or other questions, call an Areawide Ombudsman Supervisor at (405)942-8500.



*A big thank you to Natasha Johnson, Tena Slaughter, Marjorie Hamilton, and Becky Aust, volunteers from OG&E who stuffed over 375 Christmas stockings for home bound seniors in Canadian, Cleveland, Logan, and Oklahoma Counties.*

## Taking a Mile When and Inch is Given

By Melissa Brooks, Equal Justice

Powers of attorney are common estate and healthcare planning tools which many people, both professional and non-professional, recommend. A power of attorney, even in its most limited form, allows you to designate one or more people to have authority to perform a task or a series of tasks. Typical powers of attorney grant authority along a wide spectrum. On one end of the spectrum you can simply permit your attorney to contact a debt collector on your behalf. On the other end you can allow your adult children to take out loans in your name. It is highly probable that many of you reading this article have signed such a document in your lifetime without a second thought.

No one can deny that powers of attorney can be very useful and, in the right circumstances, life-saving. What is less often considered is what happens when an attorney-in-fact (person(s) holding authority under a power of attorney) abuses that power. Often, abuse causes great harm to the person who granted the authority.

### A Story

You might be asking what abuse looks like. While considering the later points of liability and protection, consider the following story.

Picture a spry 80-year-old widow. Let's call her Ms. G. She has lived in her own home for quite a long time and has cared for herself without issue. Part of her income is derived from her rental properties. She routinely provides maintenance and collects rent all while maintaining her own home.

One fated day, an alcoholic niece shows up at her doorstep. Not long after, the niece is living with our Ms. G, is collecting the rent and "assisting" Ms. G around her home. Seeking a way of increasing her ability to control Ms.

G and her money, the niece takes Ms. G to an attorney who drafts and executes a power of attorney appointing the niece as Ms. G's attorney-in-fact. Now that the niece has what she wants, control over Ms. G's finances, she no longer needs to appease Ms. G. Unsurprisingly, Ms. G's physical health and the condition of her home begin to decline.

It is only after a concerned tenant called Adult Protective Services that Ms. G's condition is discovered and its causes investigated. She is immediately taken to the hospital as there is evidence that Ms. G requires medical assistance that she has not received for some time. Additionally, there is no record of any rent received since the niece took over. Ms. G is ultimately placed in a shelter for vulnerable seniors and criminal charges are brought against her niece.

### Liability

*Fiduciary Duties.* Every attorney-in-fact who accepts their position accepts the fiduciary duties accompanying that position. Fiduciary duties include but are not limited to: duty to maintain the property, duty to act in the person's interest and duty to account. The exact duties the attorney-in-fact owes in any given situation depend on the language in the document granting the authority and scope of the authority.

*Criminal and/or Civil Penalties.* The applicable criminal and/or civil penalties will vary by state. Additionally, depending on the nature of the power of attorney, federal law may apply. To know for sure what duties are owed by an attorney-in-fact you should consult with an attorney in your area.

Additionally, the duties may vary based on the nature of the authority. If the attorney-in-fact is charged with investing money, there will be heightened



fiduciary duties. Similarly, if the attorney-in-fact, is managing benefits such as Veterans Affairs or Social Security benefits, there may be increased duties imposed by the agency distributing the benefit.

While these obligations exist, and are often well outlined in the state or common law, they are rarely enforced when the attorney-in-fact is a family member. Many times, the person who granted the authority may be greatly harmed by power of attorney abuse but may decline to press criminal charges or pursue civil litigation out of fear of retaliation, to avoid causing family strife, or out of loyalty. Note that if criminal charges are appropriate, the state may charge someone without the participation of the victim themselves.

### **How to Protect Yourself from Potential Harm**

*Pick Someone You Trust.* Due to the broad nature of authority granted by many powers of attorney, it is especially important to carefully choose your attorney-in-fact. Consider, for example, a power of attorney for property. Your attorney-in-fact may have the power to sell your property, to take out loans on your behalf or, perhaps even more frightening, to make loans on your behalf.

*Consult with Spiritual and/or Financial Advisors!* The decision to trust someone with broad authority is not to be taken lightly. If you are unsure or would like a second opinion, consult with a neutral third party such as a spiritual or financial advisor you trust. Depending on the circumstances, either type of advisor may help guide you to the best decision.

*Get Professional Help.* A lawyer can help you with many aspects of this

## Why Physical Activity is Important

A physically active lifestyle helps maintain muscular strength and balance and the ability to perform daily activities without difficulty. The American College of Sports Medicine recommends that adults perform 30 minutes of moderate-intensity physical activity 5 days a week. Bouts of 10 minutes 3 times a day of physical activity are acceptable. There are many ways to get your physical activity – walking, Zumba, swimming, and cycling. It is important to find something that you enjoy when it comes to physical activity. The American College of Sports Medicine also recommends a minimum of 2 days of strength training with 1-2 sets of 8-12 repetitions. Regular physical activity is important because it can:

- Lower risk for disease
- Improve mood
- Promote better sleep
- Help manage weight
- Prevent or manage high blood pressure
- Lower low-density lipoprotein (LDL) cholesterol (the bad one)
- Raise high-density lipoprotein (HDL) cholesterol (the good one)
- Prevent type 2 diabetes

When beginning a physical activity plan it is important to start at a level that is attainable and you should always contact your doctor before starting an exercise routine. Gradually increase the duration and then the intensity of the activity so not to work the body too hard. Muscle soreness is usual and should dissipate within 3 days. It is important to drink plenty of fluids while active to prevent dehydration.

For help getting started with a

physical activity program you can ask a fitness professional for guidance. The Center for Active Living and Learning provides fitness classes for adults 65 and over in Oklahoma City, Norman, Piedmont, and Guthrie at no cost to our participants. Our Stay Active and Independent for Life (SAIL) classes offer an evidence-based physical activity program designed to improve balance and strength in adults over 65. Classes are led by trained fitness professionals who are there to help you get started and stay on track. Come see us in one of our classes near you!

- **Northwest Church of Christ**  
4301 NW 23<sup>rd</sup> OKC 73107

Days: Wednesday - Friday

Time: 9:30am-10:30am

- **Woodson Park Senior Center**  
3401 S. May Avenue, OKC

Days: Monday, Wednesday, Friday

Time: 2:00pm – 3:00pm

- **Piedmont Church of the Nazarene**

2011 Piedmont Rd. North  
Piedmont, OK

Days: Monday, Wednesday, Friday

Time: 2:00pm – 3:00pm

- **Highland Hall**

1102 E. Warner Ave.

Guthrie, OK 73044

Days: Tuesday -Thursday

Time: 11:00am – 12:00pm

- **McFarlin Memorial United Methodist Church**

419 S. University Blvd.

Norman, OK 73069

Days: Tuesday -Thursday

Time: 1:00pm – 2:00pm

To sign up for any location:

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

Call (405) 974-5309

[www.ucocall.com](http://www.ucocall.com)

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# 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*

*All Older American's Act  
Programs accept donations  
which are not required in  
order to receive services.*

During November, **Mobile Meals** distributed 130 Thanksgiving baskets to elderly home bound participants. Over 400 Christmas baskets are expected to be delivered to home bound participants in December. The Churches who prepare and deliver the meals are working together to put the Christmas baskets together.

**Mobile Meals** will hold their volunteer appreciation on January 12, 2018. Volunteers are a vital part of the service Mobile Meals provide. Without the volunteers, the meals would not be prepared or delivered. Thank you so much for all you do for the seniors in Oklahoma County. Thanks you to United Health Care, Roland Insurance Group, and ABC Medicare Plans for helping sponsor this event.

Everyone has made it through the holidays one more time and Aging Services of **Canadian County (ASCC)** are back serving the seniors of Canadian County. **ASCC** is very grateful for the one time funding received from the TSET board to allow continuation of meals to home bound and congregate seniors through this grant year. Hopefully the state legislature will put funding in place so Older Americans Act services will still be able to meet the needs of local seniors. It is still very important for seniors to continue to emphasize to their elected officials just how important this program is to them. **ASCC** always strives to meet the needs of as many seniors as possible. Donations are even more important at this time, so here is a list of our suggested donations: \$2.00 per meal, housekeeping \$5.00 per cleaning, local transportation \$2.50, and round trip transportation to and from Oklahoma City \$7.50. Of course, donations are not required, but they do help in maintaining service levels.

As always, seniors needing services in Canadian County can call **405-262-7121** for more information.

Seniors of Oklahoma County received fresh vegetables and herbs this year due to **Oklahoma County Senior Nutrition Program's (OCSNP)** garden, the Mud Pot. Staff and volunteers spent many hours planting, watering, weeding, and picking the vegetables. **OCSNP** would like to especially thank OG&E for helping winterize the Mud Pot.

On December 14<sup>th</sup> **OCSNP** hosted their annual Project Council Christmas breakfast. **OCSNP** would like to also thank the Bank of Oklahoma and Chesapeake Energy for helping provide Christmas bags for the homebound seniors.



**EMBARK** is pleased to partner with the Areawide Aging Agency to provide transportation to seniors 60 or over.

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

**CONGREGATE MEALS –  
WEEKLY GROCERY SHOPPING  
MEDICAL APPOINTMENTS**

**EMBARK** also offers travel training to assist you in using our fixed-route buses across the metro area, ADA paratransit services through our PLUS program, reduced bus fare on fixed-route service, and the Share-A-Fare discount taxi coupon program for eligible seniors.

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

**Sunbeam Family Services Caregiver Fundamentals Program (CFP)** meets the needs of family caregivers through seven Caregiver Support Groups in four counties that give caregivers the opportunity to share their feelings in a safe environment, learn about resources available while also becoming empowered in their own self-care. "In the support groups you get the human side of caregiving. You see that other people are dealing with some of the same feelings--that it's pretty normal. It is a compassionate and loving place and I felt like arms were wrapped around me," one participant said.

To see a complete list of CFP's Caregiver Support Groups, including the Grandparents Raising Grandchildren Support Groups, visit: <http://sunbeamfamilyservices.org/senior-services/caregiver-fundamentals-program/>

CFP also has Education Seminars as part of its Caregiver Fundamentals Program to help caregivers with stress reduction, caregiver self-confidence, and balanced living. The next seminar is:

Managing Difficult Emotions, presented by Emma Wassilak, M.Ed., LPC with Shotgun, Certified Therapy Dog. Many feelings come up in the role of caregiver. This seminar teaches caregivers strategies to manage some of the more difficult emotions of caregiving, including tools to improve communication with the care receiver. The seminar will include pet therapy and is scheduled for Friday, March 9, 2018 from 1-2:30 p.m. at Sunbeam Family Services, 1100 NW 14<sup>th</sup> St., Oklahoma City. Space is limited, call Taprina Milburn at 405.609.8939 or email [tmilburn@sunbeamfamilyservices.org](mailto:tmilburn@sunbeamfamilyservices.org) to reserve your space.

One morning a man walked along a beach that was covered with thousands of starfish that had washed up during a storm. Now they lay dying in the sun. He saw a young girl picking up the starfish one by one and tossing them into the sea. As he approached her he couldn't help but ask, "Why bother? There are too many of them. You won't make a difference." She picked up another starfish and tossed it into the water. Then she turned to the man and said, "I made a difference to that one."

At **Aging Service Inc.** of Cleveland County, (ASI) volunteers make a difference each and every day in the lives of the senior adults we serve. At all of the Aging Services Inc Meal sites, volunteers help out each day by delivering hot noon meals to homebound seniors, by helping serve the meal to the seniors who have come to the meal site for lunch, and in numerous other ways. ASI is always looking for new volunteers at the sites in Cleveland County. Some volunteers help once a week while others are faithfully there each and every day of the week. It all depends on how much time you have to contribute. If you would like to give volunteering a try or want to learn more about volunteer opportunities' at **Aging Services**, please contact Renee at **405 321-3200**.

If volunteering at the Senior Center is not your thing, there are numerous other volunteer opportunities in the community. The Public Libraries and the Public Schools always need volunteers and they offer many diverse opportunities. Area churches are always in need of volunteers to help out in the office and in numerous other ways. These are just a few suggestions for places where you can get involved and discover how much of a difference one person can make.

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process. They can help you by drafting and customizing the documents. If you are having trouble picking your attorney-in-fact or have questions about special vulnerabilities, an attorney can provide a legal perspective to guide your decision and better protect your varying interests.

*Require Express Acceptance.* Many lawyers who specialize in Estate Planning are utilizing a new form which requires the attorney-in-fact to sign a document expressly accepting their position. This document warns the prospective attorney-in-fact of the obligations and the potential penalties for failure to meet those obligations should they accept the position. This tool allows for better informed decision making by both the attorney-in-fact and the person granting the authority.

*Continued from page 1*  
these dollars in the most efficient way possible" Hudman says. "Budget cuts over the years have made this even more critical."

When asked what he would most like to be remembered for, he replied "my advocacy efforts for seniors."



**Areawide Board  
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**Umi Chahal**  
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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* \_\_\_\_\_

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