



City of El Cerrito Committee on Aging – Senior Snippets July 2018

NEXT MEETING:

El Cerrito Committee on Aging Meeting

Wednesday, July 18, 2018, 3:00pm

Location: El Cerrito City Hall, Council Chamber (10890 San Pablo Avenue)

MEDICAL:

- The US Advisory Committee on Immunization Practices recommends the following vaccines for adults living in the US:
 - Annual influenza
 - Tetanus, diphtheria alone or in combination with Pertussis is recommended every ten years. Tetanus/diphtheria in combination with Pertussis is recommended as a onetime booster for those who are 65 or older or in adults who have only received tetanus with diphtheria in the past. Pertussis is whooping cough. Unvaccinated or under-vaccinated adults may cause whooping cough in infants.
 - Herpes Zoster or Shingles vaccine. The recommended vaccine is Shingrix which requires two injections. It is recommended that those who have received the older shingles vaccine, Zostavax, receive Shingrix also since it confers better and longer lasting protection against the occurrence of shingles.
 - Pneumonia vaccines: there are two vaccines against pneumonia caused by the pneumococcal bacteria. Prevnar 13 and Pneumovax 23.
- CURES 2.0 is a law which requires physicians and other authorized prescribers of controlled substances like opioids and benzodiazepines to consult and update a statewide database with information regarding drug(s) prescribed and the name of the patient. The purpose of the database is to reduce prescription drug abuse. It went into effect in April 2018 and will be fully required by October 2018. Patient confidentiality under HIPAA will be enforced under this law.

TECHNOLOGY:

- There is no age limit on tech benefits. Check out “Grey Matters”. GreyMatters is an app that arranges significant music, photos, and stories from throughout someone’s life in a user-friendly storybook format. In the app, a family member can upload photos, music, and memories specific to a loved one. It is an interactive life storybook app for the tablet that aims to improve quality of life for people with or without dementia and their caregivers. Through visual



reminiscence, paired with music and games, the app helps patients and families preserve yesterday's memories, as well as share today's joyful moments.

- One-on-one tutorial sessions with student tutors from El Cerrito High School's Tech Futures program are available at our Midtown Activity Center on Wednesdays between 2:00 and 5:00. Please visit the Midtown center to reserve a spot.

LEGISLATIVE:

Senate Bill 969 of CA requires that future automatic garage door openers come with backup batteries in the event of a power failure. This law is to address problems that people faced during recent disasters when their garage doors would not open preventing them from escaping from their homes. It has passed committee and is pending input prior to being voted upon by the full Senate.

SCAMS:

Beware! There is an EBT scam to steal your benefits! If you have received a text or phone call asking for your personal information, contact your County right away. Your County and the State will never text or call you requesting your personal information such as your EBT card number and your personal identification number (PIN). Never give your EBT Card number and PIN to anyone. With this information, someone could steal your benefits. Always keep your PIN and EBT Card number safe and a secret.

Clients report receiving text messages instructing them to call "(619) 395-0890", where an automated recording asks them to provide personal information including their EBT 16-digit card number and PIN. When the information is given, the perpetrators then create a card and withdraw funds from the recipient's accounts.

ADVISORY:

The El Cerrito Police Department has received several reports from residents who have received calls from a person impersonating as an ECPD officer. They are using some type of technology to make the caller ID show as if they are calling from the ECPD facility. The suspect states that they have a warrant for the arrest of a victim. They tell the person to obtain a money order and send it via a money telegram system as part of a bail scheme. If you receive this sort of telephone call, HANG UP immediately. The police department is not going to call people and collect money for bail over the phone!

**CALL TO ACTION TO SAVE MEDICARE:**

Please come and support our CARA sisters and brothers in Congressman. McClintock's district on Tuesday, July 10th, will be holding a rally in front of McClintock's office to demand the stop of promoting cuts and privatization of Medicare and Social Security as part of his Republican Study Committee's proposal. He hopes to incorporate into the 2018-2019 federal budget. Instead, we want him to celebrate these popular, successful and essential programs and Protect, Improve and Expand them.

CARA is organizing a FREE bus to this event from the Bay Area. There will be 2 pick up points - one at the Ashby BART at 9:30am (on Adeline St across from Ed Roberts Center) and one stop at the Target at MacDonald and 42nd Ave in Richmond. CARA will provide snacks and box lunches for all who ride the bus.

To sign up for the Bus, call CARA at 510-663-4086. Leave your name, phone number and which bus stop you prefer. Space is limited so sign up today. Please share this notice with your friends and colleagues. Thank you.

DEMENTIA:Stay Engaged with Others.

“The lowest rate of dementia appears in people with face-to-face social networks” according to Susan Pinker, author of The Village Effect.

ONGOING:

The effort to improve access to our post offices for our disabled seniors continues. Progress is evidenced by the newly painted blue curb for handicap access in front of our main Post Office. We will continue to pursue this.

OPENING:

The committee on Aging has openings for energetic residents of El Cerrito who want to make a difference in our community. Attend the next Committee on Aging Meeting and explore the opportunity. The committee meets every 3rd Wednesday of the month, at 3pm, located at the El Cerrito City Hall Council Chamber (10890 San Pablo Avenue).



HOW CAN WE BETTER SERVE YOU?:

If you have observed something in El Cerrito that is not senior-friendly or needs to be altered to better serve our aging community, please come to one of our meetings. We ask for public comments at the beginning of each meeting, which one can present matters to the Committee.