



**City of El Cerrito
Committee on Aging – Senior Snippets October 2018**

NEXT MEETING:

El Cerrito Committee on Aging Meeting (Every 3rd Wednesday of the Month)

Date/Time: Wednesday, October 17, 2018, 3:00pm

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

MEDICAL:

The FDA recalled a list of medications containing the drug Valsartan in July 2018. Valsartan is used in the treatment of hypertension and heart failure. Some Valsartan could have been tainted with N-nitrosodimethylamine or NDMA during manufacture. NDMA may cause cancer with prolonged exposure. Not all drugs containing Valsartan are part of the recall since many companies all over the world make the drug. If you are taking a medication containing Valsartan, you should contact your pharmacy with any questions. Do not stop the medication without contacting your doctor or provider.

TECHNOLOGY:

CONTINUING ED IN THE 21st CENTURY— it's never too late to further your education and the Internet offers a myriad of ways to learn. Free massive open online courses (MOOCs) are offered by everyone from Harvard and M.I.T. to the Berkley College of Music. Learn more about MOOCs by exploring on line or by signing up for the ElderTech program at the Midtown Community Center.

MORE CONTINUING EDUCATION— Want to hear a broadcast or a lecture on your favorite topic? Find out about podcasts and how you can take advantage of this remarkable technology on your smart phone, tablet, or computer by signing up for an ElderTech session on at the Midtown Community Center.

NEW APP FOR YOUR SMART PHONE— EyeReader by NetSoft (\$1.99)

If you hate reading restaurant menus by candlelight, you may find this magnifying glass app handy. Simply hold your phone over any text and the EyeReader will magnify it and light it up for you.

LEGISLATIVE:

As most of us know, you cannot rely on Medicare for your oral health coverage. Justice in Aging is working with partners and advocates to encourage the Centers for Medicare & Medicaid Services (CMS) to allow for Medicare coverage in limited circumstances where dental care is needed to get a medical procedure or when a medical procedure has caused the need for dental care.

You can join this effort and advocate for CMS to cover medically necessary dental care in Medicare by contacting your Members of Congress in the House and Senate and asking them to sign onto these letters.

- Call the Capitol switchboard: (202) 224-3121
- Ask your Representative in the House to join the “Bilirakis-Levin” Letter on Medically Necessary Dental Care<<https://default.salsalabs.org/T28ca2bc7-1043-4609-851b-0849faa4d5ad/46649efb-0d04-4fcd-b8a2-2bb1f48e0c06>>
- Ask your Senators to join the “Paul-Cardin-Stabenow” Letter on Medically Necessary Dental Care<<https://default.salsalabs.org/Td83b66a2-fcb6-49ab-bf45-cd3bdda67789/46649efb-0d04-4fcd-b8a2-2bb1f48e0c06>>
- You can use these talking points and call script<<https://default.salsalabs.org/T7a62fd73-f95d-40eb-93a5-b756f02dc883/46649efb-0d04-4fcd-b8a2-2bb1f48e0c06>> to help guide your outreach to Members.



There is a strong coalition of organizations behind this effort, including Justice in Aging, Families USA, Center for Medicare Advocacy, Oral Health America, American Dental Association, Medicare Rights Center, AARP, the American Dental Hygienists Association and others. Learn more by reading the coalition's community statement in the following link:

<<https://default.salsalabs.org/Tb015f59a-af34-4d64-8e9a-36e6dec31aed/46649efb-0d04-4fcd-b8a2-2bb1f48e0c06>>.

- We are also advocating for Congress to add a comprehensive oral health benefit to Medicare. For more information, check out An Oral Health Benefit in Medicare Part B, It's Time to Include Oral Health in Health Care in the following link:

<<https://default.salsalabs.org/T16e12dcc-1fb6-413b-9efe-cd411de04299/46649efb-0d04-4fcd-b8a2-2bb1f48e0c06>>

For more on Justice in Aging's work on oral health, visit <http://www.justiceinaging.org/our-work/healthcare/oral-health/><<https://default.salsalabs.org/T0ae7f189-2195-4073-8ee7-e8d294879416/46649efb-0d04-4fcd-b8a2-2bb1f48e0c06>>.

VOLUNTEER OPPORTUNITY:

Looking for a way to give back to your community? Meals on Wheels deliver meals to homebound seniors. They are in need of volunteers. Meals are delivered between 11AM - 1:00PM. Call 412-0166 for more information. Email: wccmow@att.net

NEW MEMBER:

We are pleased to introduce our newest member to the Committee, Matean Everson.

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.