

Fall 2011

In this issue of *Great Age*:

Census	1
Chair's Message.....	2
New Commissioners.....	2
Legislative Update	2
Residential Living	3
Director's Report.....	3
Spotlight on Marin	4
Veterans	4
Staying Active.....	5
Senior Centers.....	5
It Takes a Village	6
Senior Fair	6
Volunteers.....	7
Symphony	7



Editor:

Robin Schaeff

Editorial Board:

Allan Bortel
Russ Brubaker
Martha Copeland
Sandy Miller
Donna Robbins

Publisher:

Division of Aging & Adult Services
Nick Trunzo, LCSW,
Director

Census: Strengths, Challenges and Opportunities in Numbers

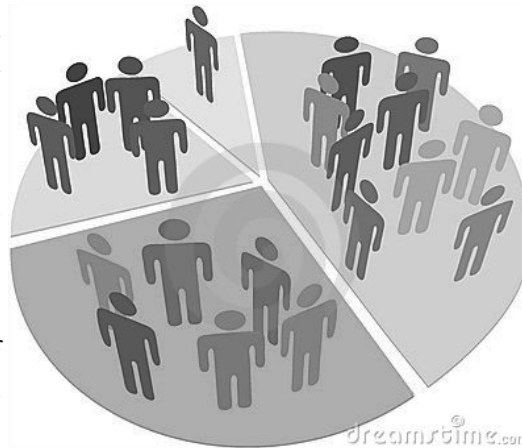
By Ana P. Bagtas, MHA

Program Coordinator, Division of Aging and Adult Services

The constitutional mandate to conduct a census every ten years has important implications. Census data is used to determine the distribution of congressional seats, inform service planning and help decide the allocation of more than \$400 billion in federal funds to support education, health and social programs locally.

As the administrator of the county's Area Agency on Aging, the Division of Aging and Adult Services works closely with the Commission on Aging to develop an Area Plan. Information gleaned from the census presents important considerations for the new four-year Area Plan currently being developed for Marin, which defines the activities, goals and service priorities to serve adults with disabilities, family caregivers and older persons in the county.

Demographic and housing data released by the Census Bureau from the 2010 count demonstrate a robust presence of older adults in Marin County. Residents age 60 years and above totaled 61,454 in 2010, a 38% increase in this cohort from the previous decade. In comparison, the county's overall population grew by a scant 2% from 2000 to 2010. Several areas in Marin actually experienced declines in population during this period, yet in all



communities, double and even triple-digit growth rates among older adults were seen. The Bureau found 67 Marin centenarians in 2010. Close to one out of every four resident in the county today is a person age 60 or older.

Rural and coastal residents are among the oldest in the county.

Data from the last two censuses that are available for comparison show that the top five areas where the 60 plus population grew the fastest were Bolinas, Lagunitas-Forest Knolls, Muir Beach, San Geronimo and Woodacre.

At 44.5 years, Marin's median age is the oldest in the Bay Area and the 14th oldest in California. Of the 11 communities with a median age of 50 years or above, eight are located in rural areas. Dillon Beach is the oldest at 57.4 years.

Marin is also growing in diversity. The growth in the Hispanic/Latino and American Indian/Alaskan Natives are particularly notable, respectively increasing by 45% and 41% between 2000 and 2010. Growth among Asians (32%), Native Hawaiian/Other Pacific Islander (22%) and Black/African American (5%) was also found. Marin's white population declined by 2%.

Census: continued on page 7



A Message from the Commission Chair

By Sue Beittel
Chair, Commission on Aging

Taking over the Chairmanship of the Commission on Aging is a challenging finale to my 50 year volunteer career in Marin County. I will give it my best. I am already finding the numerous daytime meetings interesting but not always upbeat; for example, financial abuse of elders as explained at the Elder Abuse Task Force. The bumper sticker on my car says "Democracy Is Not A Spectator Sport". That means I will be seeking the collaboration and participation of others as we try to meet the needs of the older adult population from aging baby boomers to the over 80 crowd.

The Commission is federally mandated advisory body to the Board of Supervisors and to the Division of Aging and Adult Services. We have 23 members with two appointed by each supervisor, one appointed by the council in each city or town, and two elected by the Commission to serve on the California Senior Legislature (CSL).

The Commission meets ten times a year around the county and is involved in two special and well-attended events: the Senior Fair in October and the Healthy Aging Symposium in May. Our work is done in committees: Executive, Public Information, Health, Housing and Transportation, Legislative, Nutrition, and Planning and is supported by an excellent staff. The committees welcome public participation.

I hope to see many of you at one of our meetings or events.

**MARIN COUNTY
COMMISSION ON
AGING**

Welcomes New Members

The Marin County Commission on Aging is pleased to welcome three new members recently appointed. They are: Marjorie Belknap, M.D. from San Rafael; Mary Lou Blount of Novato; and Teri Dowling from the Town of Ross. Look for interviews with each of them in the next issue of Great Age.

Legislative Update

By Ellie Bloch
Commissioner and California Senior Legislature
Assemblymember



This has been a difficult time for seniors and legislation affecting them. Senior programs are at risk at all levels of the budget arena. Legislation that would have protected part of the Adult Day Health Care (ADHC) program was vetoed by Governor Brown as well as the property tax postponement bill.

One positive local development is that the Marin Community Foundation is going to give Life Long Services, a non-profit agency which has been operating the Adult Day Health Care program for several years, a grant to help up to 50 very frail seniors that need this vital service. I want to publicly thank the MCF for helping this important older population.

Of the 126 Senior Legislators in the California Senior Legislature, (CSL), 65 members have written legislation for the 2011/12 year. The legislation will go through the CSL process the week of October 23, 2011 and the top ten (10) will move on. Then the authors will work to find State Legislators to author and carry forward these bills.

The Marin County Commission on Aging (MCCOA) voted to support two pieces of legislation this year. The first, SB 897 by Senator Mark Leno mandates Residential Care Facilities for the Elderly to notify all their residents and the State Ombudsman Office of any pending foreclosure. The bill has been ordered to a third reading in the Assembly.

The MCCOA has also endorsed SB33 by Senator Simitian. This bill requires the mandate for financial institutions to report elder abuse to continue in the future. It has also been ordered for a 3rd reading in the Assembly. A third bill of interest is AB 332 which raises the criminal penalties for those convicted for elder abuse. This bill has now been ordered for a 3rd reading and placement on the Senate consent calendar.

Both Sandy Miller, a member of the MCCOA and CSL representative, and I go to Sacramento regularly even though times are difficult. It is critical that the legislators do not forget the needs of the growing older adult population in our state and our county.

Senior Residential Living

By Elizabeth Moody
Commissioner, District 3

While many older adults may prefer to remain at home as long as possible; living in a senior residential facility offers advantages as well as an alternative for many aging persons in Marin.

I chose to move into The Redwoods Retirement Community with four levels of care for 334 residents with 135 staff. The safe living in a facility for seniors which provides everything I need is a blessing to me. The Health Care section provides skilled nursing services and includes Medicare and Medicaid services and a Personal Care unit provides single or double rooms for 24 hour supervised living needs.

Most residents in the Redwoods live in Residential Care units (3 meals a day in the Dining Room and weekly housekeeping service) or in the 150 Independent Living (ILA) units where I choose to live. Some ILA residents do pay for cleaning service and daily meals. Any resident can pay to eat in the Dining Room or bring guests for any meal. There are many socialization programs, classes and activities to occupy one's time as desired. For lower income seniors, there are section 8 subsidies in ILA and some help in other levels on a limited basis. Waiting lists can be long for these units.

Of course many other options in residential care are available throughout the County. EAH Housing in San Rafael manages 400 units with subsidized rents in Marin County, of which 2/3 are for seniors. Marin Housing Authority (MHA) operates senior residential apartments and also offers Section 8 rental subsidies that a landlord will accept; however, both organizations have waiting lists.

Aegis of Corte Madera, Aegis of San Rafael, Alma Via, Drake Terrace, the Tamalpais in Greenbrae, and Villa Marin are just some of the larger facilities which provide highly satisfactory and joyous living with individualized services at an additional cost.

In addition there are approximately 45 other residential care homes, both small and large, which are available in our county. The Marin County Health & Human Services Department through the Division of Aging & Adult Services offers a pamphlet called "Choices for Living" that lists all accommodations with contact information. This resource can also be found on the Marin County website at www.co.marin.ca.us/aging.

From the Director's Desk

By Nick Trunzo, LCSW, MS
Director, Division of Aging & Adult Services



Over the last four years, referrals to the Adult Protective Services (APS) program increased by 82%. APS is one of the most important services that we provide for vulnerable older adults, where reports of abuse and neglect are accepted 24 hours a day, seven days a week, with an immediate response any time of the day or night for emergency situations.

The significant increase in referrals is likely attributed to the growing number of older adults in the county, a greater awareness of the APS hotline for reporting abuse and the decrease in available services for older persons due to state and county budget reductions. APS staff continues to provide first-rate services despite the significant increase in referrals.

APS is often a very misunderstood service. At a presentation to a group of older adults a few years ago, I asked, "What is the first thing that comes to your mind when I mention adult protective services?" The group responded in unison, "The people that come to take you out of your home."

APS does not have the authority to remove people from their home. The service is voluntary, and individuals have the right to refuse service. The APS team is made up of highly-trained social workers and nurses.

The service is primarily a social work intervention, assisting people to live safely and facilitating the achievement of their personal wishes for how they would like to live their lives. APS staff can help protect a person's assets from predators, connect someone to available social and in-home support services, provide transportation to needed medical appointments, and work with law enforcement and the judicial system to protect an older person from someone who has hurt them.

This past year, we have enhanced the work of APS through the development of a Financial Abuse Specialist Team (FAST), comprised of 24 committed volunteers from the professions of law and finance who assist APS and law enforcement in the prevention and investigation of financial abuse. FAST members consult, train, and advocate, and they have proved to be an incredible resource in assisting with fiduciary problems that are often encountered by older adults.

I am proud of the entire Adult Protective Services team, and the great job that they do every day to protect vulnerable individuals in Marin.

Spotlight on Marin Senior Resource

Marin County Veterans Service Office

By Sean Stephens

Veterans Services, Division of Aging & Adult Services

There are approximately 21,000 Veterans in the County of Marin. These Veterans have served in World War II, Korea, Vietnam, Iraq and Afghanistan, as well as many other areas of the world. Under the County Health & Human Services Department, Division of Aging & Adult Services, the Marin County Veterans Service Office (CVSO) conducted over 1,000 personal interviews and filed more than 950 applications on behalf of veterans in fiscal year 2010-11. In FY 2009-10 the Office helped secure \$16.5 million in Veterans' benefits.

The CVSO provides assistance to the men and women who served in the Armed Forces of America, and their dependents, relatives and survivors in obtaining benefits from the U.S. Department of Veterans Affairs, Department of Defense, California Department of Veterans Affairs and other programs for veterans and their families. Our staff provides advocacy and representation to the veterans' community regarding earned entitlement rights to federal, state and local benefits and services for veterans and their families.

Some of the many services we offer include applications for Veterans Homes of California, case management, writing and processing claims, college tuition fee waiver, comprehensive benefit counseling and information and referral.

Please contact the office of the Marin County Veterans Service Officer, Sean Stephens, for benefit checkup and assistance regarding these services and many more. The office is located at 10 North San Pedro Road, Suite 1010m San Rafael, CA 94903. To reach the County Veterans Service Office by phone, call 473-6193.

We are grateful for the service and sacrifice of our veterans and their families in defense of our sacred freedom and liberty.

The "Spotlight on Marin Senior Resource" is a regular column in Great Age that aims to inform older persons and caregivers of programs funded by the Division of Aging and Adult Services as well as other resources available for seniors in the community.

Remembering Our Veterans

By Sandy Miller

Commissioner and California Senior Legislature Senator

Commission member Sandy Miller recently took a trip to the Veterans Home in Yountville to interview some of our World War II Veterans. She also interviewed some Marin Veterans to provide a snapshot of some of the men and women who served our Country.



George was raised on a farm in Wisconsin and was drafted at 23. It sounded like a good way to escape those 4 AM chores on the farm. It became his career and he was assigned to work in both Personnel and Finance departments. While stationed in Tokyo, he met his wife who worked at the PX. Next stop was Germany where they adopted a 4 year old boy and shortly after a baby girl. After serving 30 years, George & his wife retired from the Presidio to live in Novato.

Wib was born and raised in Kentfield and enlisted into the Air Force at Hamilton on December 7 at the age of 19. He was a single seat fighter pilot for 30 years, serving in World War II, the Korean War and Vietnam. While on a leave, he went to visit a buddy and fell in love with his friend's sister and soon married her. They survived 22 moves throughout his career, to Africa, Italy, France, Germany and Tokyo. He retired as a Colonel and resides in Marin with his wife.

Al enlisted into the Merchant Marines and spent most of his duty on tankers in the Indian Ocean, referring to this as "a floating gas station." They would carry fuel from Iraq to India and China. He will never forget spending eight days on a raft after being torpedoed by a single man Japanese submarine and still has dreams of the dangers he encountered.

Bruce served in the Army Air Force as a B-24 pilot in the South Pacific and Okinawa. He took advantage of the GI Bill and attended dental school in Kansas City and settled in Denver to raise a family. He still stays in touch with his buddies from WWII. After retiring to Mexico for 19 years, he now resides at the Veterans Home in Yountville, which is "like a country club", being the largest and most beautiful of the Veterans homes in the U.S.

Value of Staying Active

By Donna Robbins
Commissioner, District 4

Staying active as one ages is an attitude, and a state of mind. Working in retirement communities for 22 years has given me the opportunity to observe this phenomenon first hand. We are not all fortunate enough to escape some of the physical issues that plague many seniors; we are, however, responsible for how we respond to these issues.

That is where the attitude and state of mind come into play. We have choices in our lives all the time and one of the most important is how we look at ourselves, our lives and our bodies.

After moving over 4,200 people in my career, there are many seniors who stand out in my mind as people I would aspire to be like in my older years. Take the 92-year-old man who was teaching yoga when I met him. The amazing thing was that he had lost part of a leg years before. Another wonderful story was the 84 year old woman who was a swimmer and competed in the masters. She had had two knee replacements, a hip replacement and shoulder surgery.

Of course, a person with physical challenges can remain active; just a perfectly healthy person is not at all active. It's so easy to see the differences as I work with seniors of all ages. I can see the benefits of those who keep moving; those who keep trying to be the best they can be. They are involved, mentally alert, interested and interesting. These seniors can physically do more than others of their own age. They are happier and less depressed and are better able to get along with people of all ages. As a matter of fact, many of them have friends that are much younger than they are.

As any health professional will tell you, there are many more benefits in staying active and in the best shape you can whatever your age may be. This is so much better than not making the effort to try new activities, group pursuits, etc.

Physical ailments and issues are no excuse to do nothing. There is always something one can do to move their body. As I mentioned in the beginning, it's an attitude and a state of mind. Choose the right path. Do something for yourself. Prolong your life and create a better life just by making a few minor changes in your attitude. All the pundits in the world can't be wrong – exercise, a well balanced diet, one glass of wine and using your brain must work. Try it, it's worth it!

Senior Centers Offer Fun, Education and Variety

By Martha Copeland
Commissioner, District 2

What do bocce ball, duplicate bridge, tai chi, grocery bingo and big band music have in common? Come on down to the Margaret Todd Senior Center in Novato or the Marguerita Johnson Senior Center in Marin City and find out!

The senior centers in our County provide a diverse mix of classes and services. Congregate lunches are provided by Meals on Wheels at some of the centers. Tax preparation services are available on a seasonal basis, as well as counseling in Medicare and Medi-gap insurances. Contact each center for details on this program.

Senior Centers and organizations offers enrichment and fitness courses, special events, specialty groups, game groups, senior services, information and referral, as well as multiple on-going activities. It is a place for people to gather, socialize, learn, relax and have fun in a welcoming, friendly environment.

Emeritus College at College of Marin has classes for seniors for four or six Tuesdays, on a wide variety of topics, including exercise, computers, history, foreign language conversation, and music.

The benefits are worth repeating - all are vital for healthy aging: a) knowledge and intellectual stimulation; b) socialization and friendships; and c) exercise and extending your physical capabilities.

Many of these centers are served by bus transportation through Whistlestop (456-9062) and Golden Gate Transit (455-2000). Shown below is a sampling of the Senior Centers and other resource groups for older adults:

- Marguerita Johnson Senior Center, 640 Drake Ave., Marin City. 332.9323
- Margaret Todd Senior Center, 1560 Hill Road, Novato. 899.8290
- Dance Palace Community Center, 503 B Street, Pt. Reyes Station. 6631075
- San Rafael Goldenaires, 618 B. Street, San Rafael. 485.3348
- Emeritus College, CoM – Kentfield. 4 85.9652; Indian Valley Campus: 457.8811.
- Whistlestop, 930 Tamalpais Avenue, San Rafael. 456-9062

For more information call 457-INFO (457-4636) or go to www.co.marin.ca.us/aging.

It Takes A Village

By *Allan Bortel*

Chair, Housing & Transportation Committee

“Aging in place” for the citizens of Marin has long been a County policy--and the new Marin Village fits exactly into the goals set by the Marin County Health and Human Services Department, the Division of Aging & Adult Services as well as those of the Marin County Commission on Aging.

These goals include relieving the isolation many experience growing older at home, whether living alone or with a partner. They certainly include assistance in obtaining services of approved vendors for household help, accountants, dog walkers, repairs and the services of volunteer drivers. As we age those rides to see health professionals become ever more important, particularly when the car becomes a challenge to drive and keep up. Social activities such as memoir writing classes, book groups, walking groups, trips to entertainment and cultural events or a gathering at an artist's studio are all included in the Marin Village concept.

Marin is one of nearly 200 communities nationwide up and running organizing after the pattern of Boston's Beacon Hill Village, now over 10 years old. Marin Village has already attracted several hundred members (households). The Sausalito Village started up last October, and other community villages are not far behind, including Homestead Valley (adjacent to Mill Valley), Tiburon Peninsula and Ross Valley. Annual membership at \$200 does not pay all the bills (a paid executive director just came aboard in July) so the nonprofit umbrella organization qualified as a 501(c)(3) in order to do fundraising. Several grants and tax deductible donations have helped bring Marin Village to its present status, not to mention a fired-up Board and volunteers.

The efforts to get to this stage are personified by Loulie Sutro and a number of other Marinites who assembled in her living room three years ago, not long after she had served on the Marin County Civil Grand Jury. The latter's study of the coming aging crisis and her role in investigating home care in Marin convinced Mrs. Sutro of the need to help seniors age in place. A lot of hard work has gone into reaching what could best be described in 2011 as the takeoff stage. It will be exciting to watch this critical movement grow in our county.

For more information, contact Marin Village's new Executive Director, Melanie Summers at 457-4633. Their website is www.marinvillage.org.



October 19
9:30 AM – 3:00 PM
Marin Exhibit Hall
10 Avenue of the Flags,
San Rafael



Census: continued from page 1

Marin's rapidly aging population coupled with its increasing diversity bode well for the county's funding competitiveness. In California, allocation of funding to local agencies on aging is based on a formula that favors low-income, minority and rural residents age 60 years and above determined from the census. This methodology currently provides over \$1 million per year to Marin to fund programs and services for older adults and family caregivers. As these populations prioritized for funding increase in Marin, so will the county's ability to get a fair share of support.

The changing face of Marin brings promise as well as challenges. Aging in one's home and community is an aspiration, but in rural areas this could become difficult. Health and social services are limited in these areas. The availability of skilled workers to serve the increasing complexity of needs of older adults will challenge the county's service system. As safety net programs shrink and service costs increase, the ability of older consumers and their families to pay for the needed care may be strained. The inadequacy of transportation services, particularly in rural areas, will further contribute to the isolation of older residents. Service providers will increasingly be required to be competent in serving a population that is becoming more diverse.

Challenges comes with opportunities, and information from the 2010 census provides plenty of possibilities that must be seized. Homeownership among the 65 plus in Marin is high. Over 50% of the county's 42,192 residents age 65+ are living in owner-occupied homes. Even those who are "house-rich and cash poor," increased opportunities to educate older adults and family caregivers to develop strategies to pay for care or modify a home to foster safe "aging in place" are foreseeable. Demand for retirement planning services and financial instruments, such as reverse mortgages, will likely increase.

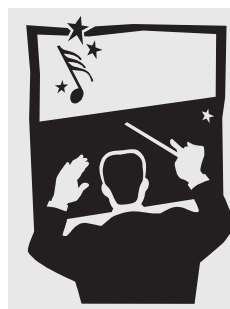
Prospects await those who come up with innovative solutions to engage older adults and develop service delivery approaches that appeal to this cohort. This is especially true for baby boomers that have the economic strength to demand bigger, better and faster products and services. In Marin, 50% of the 15,904 homes owned by someone who lives alone are resided by an older person age 65 plus. Close to 73% of rental units that have residents age 65 plus are occupied by someone who lives alone. Best practices in home care, volunteer engagement, recreation and technology will flourish.

Volunteers Honored



Nick Trunzo, director of the Division of Aging and Adult Services expresses appreciation to a group of the many volunteers who work in our division programs. A reception was held in June to recognize and honor some of the 100 volunteers who assisted older and disabled adults this year in a variety of ways.

Enjoy the Symphony and Instill the Love for Music to a New Generation



The Marin Symphony is celebrating its 59th season and is now offering a new 3pm Sunday matinee time. This opens new possibilities and opportunities to enjoy fresh, local music without the worry of driving at night. You can also share your passion with the next generation with a companion \$10 youth price. This special pricing

makes it easy to give a new generation a chance to experience our local Symphony. For more information, call the Marin Symphony Patron Services at 479-8100 or visit www.marinsymphony.org.

Marin County Commission on Aging

10 North San Pedro Rd.,
Suite 1012
San Rafael, CA 94903
499-7118
Website:
www.co.marin.ca.us/aging

Featured in This Issue

Census: Strengths, Challenges and Opportunities in Numbers

We welcome your comments, questions and feedback! Please call 473-7118 or send an e-mail to agingandadult@co.marin.ca.us

First Class
U.S. Postage
PAID
County of Marin

The Marin County Commission on Aging is a federally mandated advisory council. The mission of the Commission is to provide information and advocacy for services that enable older adults to live with dignity. *Great Age* highlights programs, legislative developments, advocacy and news about aging in Marin County.

Find the service that's right for you!
Call the Marin Adult Information and Referral Line at 457-INFO (457-4636).
Also, check out the *Network of Care*, Marin's comprehensive online search tool at www.marin.networkofcare.org/aging.

The public is invited to participate in all meetings held by the Commission and its Committees. Commission meetings are held on the second Thursday of the month. **Presentations at the Commission meetings typically start at 10:00 a.m., followed by the business meeting at 11:15 a.m. Meeting dates and presentations are as follows:**

<p>October 13 (NOTE: meeting starts at 9:30 a.m.) Topic: Community-Driven Solutions to Age in Place in Rural Marin Speakers: Chloe Cook, West Marin Senior Services; Susan Dexler, Afternoon at the Beach/West Marin Senior Services; Technology— TBD</p>	<p>November 10 Topic: Medicare/Health Care Reform Speaker: Julie Bennett, HICAP; Sarah Steenhausen, SCAN Foundation Place: Tiburon Town Hall, 1505 Tiburon Boulevard, Tiburon</p>	<p>December 8 Topic: TBD Speakers: TBD Place: The Redwoods, 40 Camino Alto, Mill Valley</p>
--	---	---

Committee Meetings are held at the Division of Aging's facilities at 10 North San Pedro Road, San Rafael. For details call 499-7396.