



Born Age



A DIRECTORY FOR OLDER ADULTS



SOLANO COUNTY
2017



15th Anniversary
Edition!





For love Not profit

Yolo Hospice has the longest regional track-record of caring for patients with a life-limiting illness. Our most recent physician satisfaction survey shows that out of 160 referring physicians, **100%** were satisfied with the care we gave to their patients.

Our mission is to serve our communities, providing the highest level of care for **every patient, every family, every time.**



1909 Galileo Court, Suite A, Davis, CA 95618
www.yolohospice.org - (530)758-5566



How can we help today?



Fast, quality care. Flexible pricing.

Need help for a few hours or care around the clock?
An Honor Care Coordinator can be at your home in
just 2 hours. No deposits. No long-term contracts.

For more information call

925-338-8820 or visit joinhonor.com

honor

HCO # 074700053

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On the Cover**(From Left to Right, Top to Bottom)****Row 1:**

Alex Maurico, Kindred Hospice
Debbie McQuillan, Solano Transportation Authority

Row 2:

Dinesh Sawhney, Hillcrest Memory Care Living
Erica Dohin, Solano Transportation Authority

Row 3:

Jim Turbidity, Senior Helpers
Jon Robins, Kindred Hospice
Lori Yeager, NorthBay Health at Home
Mae Diaz, NorthBay Health at Home

Row 4:

Sierra Washington, Pacifica Senior Living
Camie Bianchi, Your Home...Nursing Services
Kelsey Mellard, Honor
Frank Nelson, HICAP

Row 5:

Julie Callahan, Kindred at Home Hospice
Christine Huff, Colonial Chapels
Laurie Short, Colonial Chapels
Joe Miksits, Colonial Chapels
Peter Wilson, Florence Douglas Senior Center Vallejo
Wendy Wigmore Jackson, Jackson Medical Supply

Row 6:

Tracy Myhre, Jackson Medical Supply
Terry Ann Steffen, Area Agency on Aging
Leanne Martinsen, Area Agency on Aging
Kristina Boggs, Kindred at Home
Michelle Kahler, Healthy Living at Home
Joey Palma, Abba In-Home Care Services

Row 7:

Connie Hamilton, Visiting Angels
Melanie Richardson, Helping Hands
Kelsey Moran, Helping Hands
Cathy Hall, Meals on Wheels of Solano County
Candy Smith, Home Instead Senior Care
Louise Joyce, Yolo Hospice
Trisha Beard, Camino Alto Residence Club
Thomas Kiernan, Pacific Fiduciary Services

Row 8:

Dave Decker, Lifeline
KamiLee Gantan, GreenHills Care Home
Jennie Falcon, Love & Joy Senior Care Services
Yvonne F. Thrasher, Attorney at Law
Debbie Doyle, AmeriCare
Patti Ruona, AmeriCare
Kim Morrison, Autumn Leaves
Michelle Morris-Adams, The Pet Lovers Guide

**Indexes to Articles on Planning,
Quality of Life, and Final Wishes
are included at the beginning
of each section.**

A NOTE TO OUR READERS:

Efforts were made to ensure that the entries were current at the time of printing. Please be aware that changes may occur. Response to information contained in this directory, including any corrections or updated information should be directed to:

Born to Age
707-226-7127
borntoage@hotmail.com

The Solano Directory for Older Adults
is published annually by:

Born to Age
P.O. Box 6863
Napa, CA 94581

Publisher: Yvonne Baginski
Cover Photos: Barry Dodds
Design & Layout: Celeste Heiter



At 2:23 a.m. last night, they called **800-93-VITAS** instead of 9-1-1.

He woke up last night desperate for air; she panicked. They could have rushed to the ED—again—but they called VITAS instead. Their VITAS hospice team had armed them with an emergency plan and they got the support they needed—shifts of bedside continuous care for up to 24 hours—to manage this crisis at home. Today, everyone's breathing easier.

If you or a loved one suffers from a chronic disease such as congestive heart failure, COPD, dementia or cancer, VITAS Healthcare has the resources to bring shifts of continuous care into your home for acute symptom management.

See for yourself how VITAS compares to other local hospice providers.

In 2015 in Solano County, VITAS provided 247 days of continuous care, keeping seriously ill patients comfortable at home. This was ten times higher than the next closest hospice provider. Additional data can be found at alirts.oshpd.ca.gov.

When someone you love is seriously ill, VITAS can help keep them home.

VITAS[®]
Healthcare

800.938.4827 • VITAS.com  



Welcome to the 15th anniversary edition of the Born To Age, the Solano Directory for Older Adults! It's a great source of information on not only aging, but how to get help for the many facets of chronic illness, frailty and disability. In other

words, it's a place to start when you know you're going to need some help, but not sure when, where or why.

Over the years, we've watched the field of caring grow in leaps and bounds. There are so many "professionals" popping up who suddenly see a burgeoning opportunity to heed the call on what many are expecting to be a silver tsunami of need. However, we at Born To Age urge caution in making choices and watching carefully what decisions these "professionals" are making in determining care and housing options for what they might deem, "your benefit."

We recommend that you peruse the field of care, housing and support services very carefully. Know your options and exercise your rights. That's why this directory is published. It's to help you understand the field of choices before you need to make a decision. So many of us wait until

a crisis, and then in a panic, follow advice that may not be what is actually wanted or needed. One of our biggest challenges is educating doctors and other health care professionals on what is available in a community. People rely on their doctors to tell them when they need more care or support. But, doctors are experts in medical, not social or psychological care. Rarely can a doctor help you with any of the following:

- Is getting a ride a problem for you?
- What about needing some housekeeping support?
- Worried about falling or being alone at night?
- Can't remember to always take your medications on time?
- Is your family living far away?
- Are you obsessing over running out of money?
- Concerned about forgetting all the time?
- Find that your remote control, television, telephone or answering machine are always breaking?
- Are thinking of moving, but the task is overwhelming?
- If you go to the hospital, who's going to care for your dog or cat?
- What about getting your mail, or paying your bills?
- Who will pick up your prescriptions, do your grocery shopping, prepare your meals when you return home?

What we all wonder is: Who Will Care For Me When I No Longer Can?

You will find the answers to all these questions in this directory. There are services, businesses and organizations who are eager to help, some charge fees, others are volunteer-based. But all are available to help you plan. If you have any questions, or need direction, you can always call us at 707-226-7127. We'll be happy to provide some guidance and advice.

We are also available to speak to your club, group or organization. We can help decipher end of life options, choosing home care and assisted livings, finding appropriate help, and working with you to come up with a solid plan.

Born to Age would like to thank the advertisers for making this directory a reality for all these years. They pay for the service so you can receive the free information. Be sure to thank them when you call.

You know, it's hard to believe that we're all aging so fast. And many of us will never need the services lined out in this directory. Sometimes I talk to people in their 90's who are still walking a mile or two a day, and their minds are as sharp as ever. But, that isn't true for everyone. So, be prepared. It might not be you, but someone close to you, who will need more help.

We welcome your comments and suggestions. If we've missed something, give us a call.

Looking forward to another year!

Yvonne Baginski
Editor/Publisher



Call 707-226-7127
To place a complete
**Born  Age Senior
information kiosk in
your lobby, entrance, or
business today.**

Born Age

Senior Information Kiosks

Thanks to all these businesses for their community-minded efforts in keeping all of us aware of life and care choices through time.

1. I Feel Good Medical Supply, 1113 Texas St, Fairfield
2. Rio Vista City Hall, One Main Street, Rio Vista
3. Medical Building, 1761 Park Plaza, Vallejo
4. Vacaville Autumn Leaves Apartments, 2470 Nut Tree Rd, Vacaville
5. Senior Manor, 1101 Union Ave, Fairfield
6. Kyles Temple Church, 912 Florida St, Vallejo
7. Mercury Pharmacy, 480 Redwood St, Suite 33, Vallejo
8. Sutter Solano Cancer Center, 100 Hospital Dr, Vallejo
9. Benicia Community Senior Center, 187 East L Street, Benicia
10. Vallejo Community Senior Center, 333 Amador Way, Vallejo
11. Suisun Community Senior Center, 318 Merganser Dr, Suisun City
12. Dixon Community Senior Center, 201 South 5 St, Dixon
13. Vacaville Community Senior Center, 91 Town Square Place, Vacaville
14. Meals on Wheels Office, 95 Marina Center, Suisun City
15. North Bay Surgery Center, 1007 Nut Tree Rd, Vacaville
16. Dr. Amacher & Dr. Dumont Office, 313 Kendall St, Suite B, Vacaville
17. Kaiser Health Education Department (wall kiosk), 975 Sereno, Vallejo
18. Kaiser Medical Offices, 1 Quality Dr, Bldg A Lobby Area, Vacaville
19. Jackson Medical Store, 480 Redwood St, Vallejo
20. Rio Vista Senior Center, Main St, Rio Vista
21. CVS Pharmacy, 625 Elmira Rd, Vacaville
22. ODAS - Health and Human Services, Vallejo
23. ODAS - Health and Human Services, Fairfield
24. Advanced Instruments, Vallejo

**If you would like to
advertise in
Born to Age,
please take
a moment
to fill out our
Advertisers'
Questionnaire
on page 32.**

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ACTIVITIES

Advisory Council, Area Agency on Aging Serving Napa and Solano
400 Contra Costa St.
Vallejo, CA 94590

Advisory Council meetings at 1:00 p.m. on the first Thursday of each month. Board of Directors meets 2:30 p.m. on the third Tuesday of each month in Vallejo. For more information, 644-6612 (See ad on page 7)

Ballroom Dancing
Every Monday, 6-10 p.m.
Dinner at 6 pm, \$12
Dance at 7 p.m. \$12
Both for \$20
642-4444
Vallejo Moose Lodge
337 Nebraska St., Vallejo

Barbershop Choral
4-part Harmony
Meets Monday, 7:00 p.m. for rehearsals
Community Presbyterian Church,
450 Hemlock St., Vacaville.
425-0323

Benicia Senior Center
187 East L St.
Benicia
745-1202
Membership is \$10 a year. Hours, Monday, Tuesday, Thursday and Friday, 9 a.m.-3 p.m.
All Senior Fitness classes are held at the Benicia Community Center, 370 East L St. 707-746-4285
Senior Trips and Tours, upcoming tour information: 745-1202.

Brain Fitness Class
2nd and 4th Thursday
1-2:30 p.m.
Florence Douglas Senior Center
643-1044

Dixon Senior Center
201 South Fifth St.
Dixon
678-7022
Monday-Friday, 9 a.m.-2:30 p.m.

Fairfield Adult Recreation Center
1200 Civic Center Dr. (street)
1000 Webster St. (mailing)
Fairfield, CA 94533
707-428-7421 (front desk)
Monday-Friday, 9 a.m. to 3 p.m.
707-429-5687 (fax)
www.fairfield.ca.gov
For active, older adults age 50+

Florence Douglas Senior Center
333 Amador St.
Vallejo
643-1044

Mare Island Museum
1100 Railroad Ave.
Mare Island, CA 94592
Hours: 10-2 p.m., Mon-Fri.
1st and 3rd full weekend, 10-4 p.m.
707-280-5742
www.mareislandhpf.org

McBride Senior Center
91 Town Square Place Vacaville
469-6660

Napa Solano Audubon Society
2nd Tues., 6:30-9:30 p.m.
Florence Douglas Senior Center
333 Amador St., Vallejo
Robin Leong, 643-1287

National Association of Active and Retired Federal Employees (NARFE)
P.O. Box 4629
Vallejo, CA 94590
Meets 2nd Tuesday of each month at 1:15 p.m. at the Florence Douglas Senior Center in Vallejo.

North Bay Rose Society
2nd Monday, 7:30-9:30 p.m.
Florence Douglas Senior Center
333 Amador St., Vallejo
Charles: 510-965-8514
Allison: 707-553-9992

Suisun Senior Center
318 Merganser Dr.
Suisun, CA
421.7203

Senior Coalition of Solano County
Serves as an advisory body for the Solano County Board of Supervisors
First Friday of each month,
Noon-2 p.m.
Government Center
675 Texas St.
Fairfield, CA
Rochelle Sherlock, 559-0255

Senior Roundtable Vacaville
Meets third Thursday of each month at 12:30 p.m.
Assembly Rooms 1 and 2
McBride Senior Center, Vacaville
91 Town Square Place
469-6660

Senior Roundtable. Vallejo
Meets 3rd Thursday of each month, 9 a.m.. at the Florence Douglas Senior Center
333 Amador St., Vallejo
643-1044

Continued on Page 8



Get Connected!

Are you looking for resources for older adults in Napa and Solano counties? Call the AAOA (Area Agency on Aging). We're here to help!

707-643-1797 or 1-800-510-2020
www.aaans.org



Join the AAOA Facebook community at
www.facebook.com/AAOANS

ACTIVITIES cont.**Sons in Retirement (SIRS)
Tri-City Branch #106**

A non-profit organization for retired men. Lunch meetings 3rd Monday of each month at Rancho Solano Clubhouse in Fairfield. Fellowship at 11 a.m.
Lunch at noon.
Gary Fox 685-5394

Branch #99, Vacaville

2ND Thursday, Lunch
11 a.m.-12:30 p.m.
Elks Lodge, Vacaville
Joe Garcia 446-9243

Take Off Pounds Sensibly (TOPS)

TOPS offers support, friendship, incentive/recognition programs, and a low membership fee.

Area Captain: Eileen "Mickey" Drake
at 707-253-8363

Chapter meetings:
Dixon Family Services, 155 N 2nd St.,
Tuesday at 12:15 p.m.

Rio Vista, Delta Clubhouse River
Room, 990 Summerset Dr.
Wednesday, 8:00 a.m.

Suisun City Senior Center,
318 Merganser Dr., Tuesday, 5:30
p.m.

Epiphany Episcopal Church,
300 West St., Vacaville, 6:30 p.m.

Vacaville, McBride Senior Center,
91 Town Square, Thursday,
6:00 p.m.

Vallejo, First Christian Church,
1035 Indiana St., Friday, 9:00 a.m.

Vallejo, Lassen Street Church of
Christ, 1109 Lassen St., Rm 110,
Monday, 6:45 p.m.

Vallejo Regional Education Center
436 Del Sur St.
Vallejo, CA 94591

Offers fitness classes. Register by
calling: 648-4600.

ADVANCE DIRECTIVE

This form lets you name an individual as agent to make health care decisions when you become incapable. Your agent will have the right to:

Consent or refuse any care, treatment or service, select/discharge health care providers

Approve tests, diagnostic procedures, and medications

Direct the provision of artificial nutrition/hydration, and CPR

Donate organs, authorize an autopsy and direct disposition of your remains.

Preparing an advance directive involves more than simply filling out a form. The time you spend thinking about the kind of care you want, or don't want, and discussing your wishes with your family and loved ones is much more meaningful than simply checking off boxes on a form. The written document is a good way to memorialize and record your thoughts and choices, but it is no substitute for time spent discussing those choices with your loved ones. These forms are available at local hospitals, doctor's offices and health clinics. You do not need an attorney to help you complete the form. However, you will need two people to witness your signature. Or, have it notarized. The Advance Directive forms are available at Kaiser Permanente Health Education, Sutter Hospital, and NorthBay Hospital.

**Ombudsman Services
of Northern California**
Solano County, 644-4194 or
(800) 644-4194
(See ad on page 33)

AFFORDABLE HOUSING

Low Cost Housing
Benicia 745-2071
Fairfield 428-7392
Suisun 421-7330
Vacaville 449-5675
Vallejo 648-4508

Ascension Arms Apartments

301 Burle St.
Vallejo, CA
644-2666

Autumn Leaves

2470 Nut Tree Rd.
Vacaville, CA 95687
(Will accept section 8)
446-5548
(See ad on page 8)

Bay View Vista Senior Apartments

445 Redwood St.,
Vallejo, CA
649-2656

**Casa De Suisun Senior
Apartments**

322 Merganser Dr.
Suisun City, CA 94585
426-0481

Dover Woods Senior Apartments

2801 Dover Rd.
Fairfield, CA
429-8966

Fairfield Senior Manor

1101 Union Ave, Fairfield
422-2944

Hillside

131 Gable Ave.
Vacaville, CA 95688
455-8500

Marina Towers

601 Sacramento St.
Vallejo, CA
552-4422

Olympic Cottages

1797 Olympic Dr.
Davis, CA
916-756-5980

Parkside Plaza

1650 Park Lane, Fairfield
429-4470

Parkway Plaza

188 East Alaska Ave.
Fairfield, CA
429-3511

Rockwell Manor

693 E. Tabor
Fairfield, CA
426-4034

The Oaks

2001 Eastwood Dr.
Vacaville, CA 95687
451-4567

Saratoga Senior Apartments

1101 Burton Dr.
Vacaville, CA
451-7400

Vaca Valley Manor

761 Seville St.
Vacaville, CA
448-1488

Vacaville Senior Manor

190 Lawrence Dr.
Vacaville, CA 95687
317-6407

Woodcreek Senior Commons

1625 Woodcreek Dr.
Fairfield, CA
425-1962

ATTORNEY**Gaw Van Male, LLP**

1000 Main St., Suite 300
Napa, CA 94558
252-9000
Gawvanmale.com

Vacaville Autumn Leaves

Autumn Leaves Senior Apartments is currently accepting applications for Studio & One-Bedroom units. Rent is 30% of monthly income and you must meet HUD income guidelines. Applications are available at:

2470 Nut Tree Road
Vacaville, CA 95687-6452

(707) 446-5548



Law Office of Yvonne F. Thrasher
78 Cernon St., Suite A
Vacaville, CA 95688
707-447-1200
Thrasherlawoffice.com
(See ad on page 9)

CARE PLANNING

Area Agency on Aging, Serving Napa and Solano Family and Caregiver Support Program

Assessment and coordination of supportive services. Provides support to caregivers who are caring for someone over age 60, and also to grandparents age 55 and older who are raising grandchildren. 643-1797
(See ad on page 7)

Born To Age

Yvonne Baginski
707-226-7127
(See ad on page 15)

CONSERVATORSHIPS, ESTATE ADMINISTRATION, FIDUCIARY and TRUST SERVICES

Pacific Fiduciary Services

Thomas J. Kiernan, CLPF
P.O. Box 2947
Suisun City, CA 94585
426-0926
Email: toma@pacfid.com
(See ad on page 9)

Public Guardian / Conservator

Solano County
707-784-8920

Adult Protective Services

does the initial investigation for conservatorship referrals. Initial request, call:
707-784-8259

Conservatorships can be done without an attorney. Check website, www.nolo.com for information on resources. For the most current list of private professional conservators, call the Superior Court Investigator, 707-207-7481.

**The Law Office of
Yvonne F. Thrasher**
78 Cernon Street, Suite A
Vacaville, CA 95688
707-447-1200
Thrasherlawoffice.com
(See ad on page 9)

COUNSELING SERVICES

AAA Multipurpose Senior Services Program (MSSP)

643-5170
Comprehensive case management for eligible seniors .

Prevention and Early Access Program For Older Adults at Risk for Mental Health Challenges

Area Agency on Aging Serving Napa and Solano
644-6612

Information, screening, assessment, referral and connection to services for older adults with mental health challenges. Community education, gatekeeper training and health care provider education for early detection and intervention. (See ad on page 7)

Benicia:

Catholic Social Services
In-home counseling to seniors
556-9137

Faith In Action

Peer Counseling
Group counseling
In Home Counseling
469-6675

Grief Counseling for Seniors

Thursdays, 1:30-3:00
Florence Douglas Senior Center
333 Amador St., Vallejo
643-1844

Sutter Care At Home

5099 Commercial Circle, Suite 210
Concord, CA 94520
925-363-4120
(See ad on page 31)

CONSUMER ADVOCACY

Area Agency on Aging
643-1797 or 1-800-510-2020
(See ad on page 7)

Better Business Bureau

24-hour hotline.
510-238-1000

Born To Age

226-7127
(See ad on page 15)

California Advocates for Nursing Home Reform

800-474-1116
Consumer information and quality of care info on nursing homes.

DIABETIC CARE (wounds)

NorthBay Center for Wound Care

1010 Nut Tree Road, Suite 100
Vacaville, CA 95687
624-7979
Northbay.org
(See ad on page 20)

DRIVING COURSES (See ACTIVITIES)

55 / Alive Driving Course (AARP)

Call individual senior centers for offered dates & times.

EDUCATION

AARP (State Office)

1415 L St., Suite 960
Sacramento, CA 95814
916-446-2223
www.aarp.org

Area Agency on Aging Serving Napa and Solano

643-1797
Professional development/training and Caregiver Training, Chronic Disease Self-Management Program

Conquer stress, pain and fatigue while learning to talk better with doctors, nurses, family and friends. This no-cost, six-class series developed by Stanford University, will help with developing strategies to manage chronic health conditions and improve quality of life.
(See ad on page 7)

Pacifica Senior Living at Vacaville

431 Nut Tree Road
Vacaville, CA
449-1350
(See ad on page 21)

Helping Hands Senior Resources

313 Kendal St. #A
Vacaville, CA 95688
707-451-8724
(See ad on page 27)

Prevention and Early Access Program

For Older Adults at Risk for Mental Health Challenges
Area Agency on Aging
Serving Napa and Solano
644-6612

Information, screening, assessment, referral and connection to services for older adults with mental health challenges. Community education, gatekeeper training and health care provider education for early detection and intervention.
(See ad on page 7)

Continued on Page 10



**Prevention and
early access
program
for Seniors**

Provides services to identify older adults who may need emotional, cognitive or quality of life support and connection to community services.

(707) 644-6612

P.O. Box 3069 400 Contra Costa Street Vallejo, CA 94590



Pacific Fiduciary Services

Trust Administration, Estate & Person

"When you need someone you can trust"

Thomas J. Kiernan, CLPF
(707) 426-0926 www.pacfid.com

Law Office of Yvonne F. Thrasher

78 Cernon Street, Suite A
Vacaville CA 95688
Ph. (707) 447-1200
Fax. (707) 447-1326



- Estate Planning
- Probate
- Trust Administration

yvonne@thrasherlawoffice.com

Website: ThrasherLawOffice.com

EDUCATION cont.**Sutter Care at Home**

5099 Commercial Circle, Suite 210
Concord, CA 94520
925-363-4120
(See ad on page 21)

FALL PREVENTION**Stop Falls
Fall Prevention**

Area Agency on Aging
Serving Napa-Solano
643-1797

Provides education, promotes physical activity and conducts fall risk assessments/modifications in private homes, without charge. Also refers to affordable home modification.
(See ad on page 7)

FINANCIAL ASSISTANCE**Water Bills:**

Benicia 60+ 746-4225
Fairfield 62+ 428-7346
Vacaville 65+ 449-5128
Reduced rates on water bills.

PG&E

800-743-5000

Social Security

Fairfield /Suisun Office:
700 Main St., Suite 220
Suisun, CA 94585
1-800-772-1213

Social Security

Vallejo Office:
106 Plaza Dr.
1-800-772-1213

FOOD ASSISTANCE**See also Home Delivered and
Congregate Meals****Food Bank of Solano County**

Provides free, supplemental food to eligible residents.
1-800-870-FOOD

Also, accepts donations, Monday-Friday 7 a.m. to 3:30 p.m. in Fairfield at 2339 Courage Dr. Saturdays by appointment.

Senior Food Program**Low Income Seniors can Receive
Free Food Twice a Month**

Twice a month distribution of bags of groceries to people age 55+ Must meet monthly household income guidelines: Ex. \$1,962 (max) for a one person household., \$2,655 for two person household. Available in Dixon, Rio Vista, Vacaville and

Vallejo. To apply for membership in the Senior Food Program, you must be over age 55, be low income and live in Solano County. To register, you must visit the Senior Food Assistance site with an identification with a birthdate, and verification of your home/street address. Only one member per household can register. For more information, please call Meg at 707-421-9777, ext. 205. Or email mzentner@foodbankcc.org

Emergency Food Assistance**Dixon Community
Assistance Corp**

Cornerstone Church,
185 West Cherry St.
2nd and 4th Wednesdays, 10-11 a.m.

Fairfield-Suisun

St. Mark's Lutheran Church
1600 Union Ave.,
1st and 3rd Wednesdays,
9:30-10:30 a.m.

Rio Vista

Rio Vista Community Services
1105 A Airport Road, 1st Sunday,
1:00 p.m.

Vacaville

Epiphany Church 300 West Street,
1st and 3rd Wednesdays
10:30-11:30 a.m.

Vallejo

Community Center, 225 Amador St.,
2nd and 4th Wednesdays, 10-11 a.m.

N. King Center, 545 Magazine Street
2nd and 4th Wednesdays,
10:30-11:30 a.m.

HEALTH ASSESSMENTS**Benicia Senior Center**

187 East L St., Benicia
745-1202 or 745-1100
Pharmacist visit the first Tuesday of each month from 9-11:00 a.m., Blood pressure, glucose, cholesterol and discussion regarding medications.

Dixon Senior Center

291 S. Fifth St., Dixon
678-7022
Elder health clinic the 1st and 3rd Thursday of the month, call for appt.

Florence Douglas Senior Center

333 Amador St., Vallejo
643-1044
Diabetic Nurse 1st and 3rd Wednesday, 9:30-11 a.m.,
Podiatrist, 3rd Tuesdays,
12:30 to 1:00 p.m. Dental exams
every Tuesday, 9:30-noon and 2:40-3:20 p.m.

Solano County

Elder Health Program
275 Beck Ave.
Fairfield, CA 94553
784-8264
Provides Blood Pressure and other Health Screenings at Senior Center, call for schedule

**HEALTH INSURANCE
COUNSELING****Benicia Senior Center**

187 East L St., Benicia
745-1202 or 745-1100
Free assistance with health insurance Medicare supplements, claims or billing problems. By appt. from 9 a.m. to noon. By appt.
1-800-434-0222

Fairfield Adult Recreation Center

1200 Civic Center Dr., Fairfield
Free assistance with health insurance, Medicare supplements, claims, billing problems and long term care insurance. 2nd and 4th Monday, 1:00-3:00 p.m.
By Appointment only.
1-800-434-0222

HICAP Health Insurance
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800-434-0222

*A non-profit program in partnership with Area Agency on Aging & Senior Advocacy Services
serving Sonoma, Solano, Napa, Mendocino, Marin & Lake counties*

www.SeniorAdvocacyServices.org/HICAP



Florence Douglas Senior Center

333 Amador St., Vallejo
Free assistance with Medicare supplements, long term care insurance, etc. 4th Friday, 9 a.m. to 1 p.m.
1-800-434-0222

McBride Senior Center

91 Town Square Place, Vacaville
Appointments, call: 1-800-434-0222
Free assistance with Medicare/Medical, health insurance, Medicare supplements, claims or billing problems. First Monday of each month.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

Health Insurance Counseling and Advocacy Program (HICAP)

Information and assistance with Medicare billing, supplemental insurance, long term care insurance and HMOs. Call 1-800-434-0222. Free service.

HEARING TESTS

Advanced Instruments Hearing Aid Centers

Fairfield: 1313 Travis Blvd. 428-1313

Vacaville: 301 Alamo Dr., #G 447-6985

Benicia Senior Center

187 East L St., Benicia 745-1202
First Wed. of each month, 10 a.m. to noon.

Florence Douglas Senior Center

333 Amador St., Vallejo
Free, by appt. 554-6660
2nd Friday, 9:30 a.m. to 1 p.m.

Hearing Assistance

Assistive Hearing Devices
800-510-2020

Deaf & Disabled Service Center

800-772-3140

Ear of the Lion

800-327-8077

HOME REPAIR / REMODELING

Dixon Family Services

Limited Assistance to older adults needing home repair. Must own home and prove financial need.
678-0442

INDEPENDENT LIVING

Homes - Senior Communities

Diamond Grove

201 Bartlett Lane
Vacaville, CA 95687
451-9209

Leisure Town

100 Sequoia Dr.
Vacaville, CA 95687
448-8042

Paradise Valley Estates

2600 Estates Dr.
Fairfield, CA 94533
800-326-0419
(See ad on page 11)

Summerset

990 Summerset
Rio Vista, CA 94571
800-589-4080

Apartments

The Meadows

1800 Atrium Parkway
Napa, CA 94559
257-7885
(See ad on page 31)

INFORMATION AND ASSISTANCE

Area Agency on Aging

643-1797 or 1-800-510-2020
Vallejo: 643-6612
Vacaville: 469-6679
(See ad on page 7)

Continued on Page 13

WELCOME TO THE
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More joy per square foot.

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PARADISE VALLEY
ESTATES

ACUPUNCTRIST LAUDS MIND/BODY HEALING: DON'T WORRY, BE HAPPY

What do you believe about your body getting sick?

In America, medicine works to diagnose and treat disease, as if diseases exist on their own. The goal is to eliminate the disease. The treatment is pills, surgery, radiation and devices...in other words, get the disease out of the system.

But, maybe there's another way.

In a recent talk to cancer survivors in Yountville, Calif., Martin Rossman, MD, suggests, "there are no diseases, but patterns or disharmony or unbalances....which make you vulnerable to these manifestations."

Rossman runs an integrative medical practice in Greenbrae, CA. It's a clinic that blends acupuncture, medicine, nutrition, well...a lot of stuff into care. Rossman believes that there are many angles to treatment and culture is what determines the treatment.

As well as being a western-trained medical doctor, Rossman also has an acupuncture practice that specializes in helping people when they are unable to get relief or treatment to effectively manage their disease.

He gives one example that 1/3 of the people in the world are treated with acupuncture. In his practice, about half of the chronic pain patients he sees are treated successfully with acupuncture. Research shows that it's

safe, with no side effects.

Basically, it works by stimulating built-in self-healing mechanisms, he says. It is especially helpful for people undergoing chemotherapy or radiation treatments. A trial of six treatments is what he recommends, "that will tell you if it's worthwhile."

"Courses of disease can follow a wide pattern, it's not just a disease...but, who's got it," he says, pointing out that the same disease looks different in each person. "Some people might die right away, others outlive their prognosis....and, what's the health of the patient who gets the disease?"

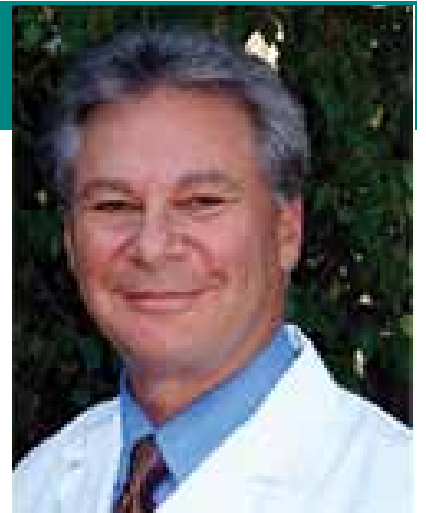
Medicine is dependent on the body's ability to heal. "Healing is a big part of this, if you didn't have the ability to heal, you wouldn't be here. You've healed and recovered many times," he said. "It's an innate process, part of life. You can repair yourself, and do so continuously. We are exposed to viruses, injuries, etc....and we recover from almost everything, that's built into life."

But how we eat, think, move, interact with people and the environment.... well, Rossman believes those are the things that help or hinder how we heal, as well.

"I'm a big believer in supporting the body's natural ability to heal," says this 30-year medical practitioner. "Integrative healing is an addition to medicine, not an alternative. People who do the two together, clearly do better."

He differentiates between medicine and healing, pointing out that healing is slower, which is counter to the American dream.

"I can treat without pharmaceuticals, but it is challenging for the patient. Instead of taking one pill a day, you might have to change your diet, or take 30-40 supplements a day. It can be



Martin Rossman, MD

complicated," he added, pointing out that less than ten percent of people actually take their medicines on time, and in the right dosage.

"By the time you get up to fifteen medicines and give them to a 70-year-old person (who takes them only half the time), healing can actually slow to weeks or months. People get impatient."

And, since it's mostly about the pills, people don't realize all the other things they can be doing. The mind/body healing effect is well documented in numerous studies. "You are what you eat and think," he said.

Health care, he believes, should also include sleep, happiness, moving the body, interactions with people, the environment, how we think, feel and decisions/choices. He believes that the body needs adequate support in all these realms in order to heal.

How you handle stress and emotions may be the single most important thing you can do for your health. And, it's the brain that handles both. Rossman sees the brain has keeping us alive with vigilance. It is always scanning, looking around for problems.

"It's easy to get hijacked by worries, stress and anxiety and all of these have huge effects on the body," he said. "Worry is uncomfortable and we seek comfort in food, alcohol and drug, all, which when overdone, can be toxic to the body."



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INFORMATION AND ASSISTANCE cont.

Benicia Family Resource Center
200 East L St., Benicia 746-4352
Senior Services Connection:

Born To Age

707-226-7127
We help with information, finding community resources and setting up systems of care at home. Fee for services. (See ad on page 15)

Helping Hands Senior Resources

313 Kendal St., #A
Vacaville, CA 95688
707-451-8724
(See ad on page 27)

Solano County Health and Social Services

1-800-400-6001

Yolo Hospice

Serving Solano County families for more than 30 years.
1909 Galileo Court, Ste A
Davis, CA 95618
(800) 491-7711
www.yolohospice.org
(See ad on Inside Front Cover)

LEGAL SERVICES

(See Attorney)

California Advocates for Nursing Home Reform
Lawyer referral service
800-474-1116

Florence Douglas Senior Center, Vallejo

Free Legal Services
Call for appointment: 643-1044

Vacaville: Free Legal Services

McBride Senior Center.
For appointment: 469-6660

Lawyers@Your Library

Local attorneys offer free legal advice and referral. Lawyer consultations are between 6-8 p.m., and last up to 20 minutes. There are no "attorney-client" relationships.

John F. Kennedy Library

505 Santa Clara, Vallejo
1st and 3rd Wednesdays.
Signups at 5 p.m., Line starts at 4:30 p.m. First come, first served.
Space is limited to 24 people
1-866-572-7587

Fairfield Civic Center Library

4th Tuesday of each month.
Space allocation may vary, but may include up to 30 customers.
Spanish language attorneys may be available. First come, first served.
Register in person, or by phone after 10 a.m. the day of the program.
1-866-572-7587

Vacaville Public Library-Cultural Center

1st and 3rd Thursdays
Signups at 4 p.m.
Space is limited to 7 people.
1-866-572-7587

Legal Services of Northern California, Solano County Office

1810 Capitol Street
Vallejo, CA 94590
643-0054, 800-270-7252

LONG TERM CARE INSURANCE COUNSELING

HICAP - Counseling Services
1-800-434-0222

MASSAGE SERVICES

Your Home...Nursing Services

3188 Jefferson St.
Napa, CA 94558
707-224-7780
www.yourhomenursing.com
(See ad on page 27)

NOTARY SERVICES

Notary-On-The-Go

Free service for Fairfield seniors.
Call for appointment: 428-7421

Florence Douglas Senior Center

Free Notary Service, 1st Tuesday, 9:30-11:30 a.m.

PHYSICAL THERAPY AT HOME

Body In Balance, PT

222 Acacia St.
Fairfield, CA 94533
707-421-2095
Bodyinbalancephysicaltherapy.net
(See ad on Page 12)

REVERSE MORTGAGE

Reverse Mortgage Consultant Tom MacDonald

265-6385
tom@reversemortgageconsultant.com
www.reversemortgageconsultant.com

SENIOR GOVERNMENT

California Senior Legislature

(For information, contact:
Area Agency on Aging
Serving Napa and Solano
400 Contra Costa St.
Vallejo, CA
644-6612
(See ad on page 7)

Advisory Council: 1:00 p.m., first Thursday of each month.
Board of Directors: 2:30 p.m. on the third Tuesday of each month
644-6612

WOMEN'S HEALTH

NorthBay Healthcare

Women's Health Center
646-4100
(See ad on page 20)

Worry never robs tomorrow of its sorrow, it only saps today of its joy.
~ Leo Buscaglia

Worry is a misuse of the imagination. ~ Dan Zadra

Do not anticipate trouble, or worry about what may never happen. Keep in sunlight.
~ Benjamin Franklin

The only bad workout is the one that didn't happen.

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HealthSpring Fitness is Open to Everyone in the Community!*

Friendly and supportive environment • Nutrition counseling
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Trainers with advanced degrees and certification

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*You do not have to be a patient or otherwise affiliated with NorthBay Healthcare to join HealthSpring Fitness.





What About Cannabis and Aging Adults?



From left to right, Phillip Grob, M.D.; Kent Matsuda, M.D.; and Jon Early of Farmacann, speak to seniors in Healdsburg about medical cannabis.

By Yvonne Baginski

Older adults take lots of prescription drugs. When I visit older people, everyone seems to be taking a pill for pain, diabetes, high blood pressure, depression, high cholesterol...well, name any condition of risk with aging and there's something a doctor will prescribe to make it better.

So, when medical marijuana was legalized in California twelve years ago, some questioned whether it would work in lieu of some of the other drugs we've been using. Well, actual scientific data is hard to come by, because very little research is funded due to the federal opposition. But, people are starting to tell their stories, and what we're seeing is an increasing willingness by older people in trying cannabis and doctors starting to listen.

For example, Phillip Grob, MD, a Geriatric Psychiatrist in Santa Rosa, has seen results in treating people with dementia who are agitated and difficult to manage. He tells one story, "the first time I tried cannabis it was with a patient who was in assisted living and was screaming,

biting and wreaking havoc. I tried every medication, she just couldn't tolerate it, or didn't respond. I suggested cannabis and it totally calmed her down."

Grob frequently works with people who have dementia with behavioral disturbances, and points out that currently there is no FDA-approved medications for them. Even though some doctors prescribe such anti-psychotic drugs as Haldol, Risperdall and Seroquel, they all have "black box" warnings, which means they may cause death in people with dementia.

With cannabis, he recommends "start slow, go slow. There is a wide range of sensitivity with people, there is no set dosage. But using cannabis, people might be able to pull back on prescription medications."

While Kent Matsuda, MD., a Santa Rosa-based internist doesn't usually advocate for cannabis, he has increasing numbers of patients asking for it, "especially chronic pain patients who want to take less medication. But, it doesn't always work. Again, people have a mixed

response...sometimes the initial response is good, and then it tapers off."

However a recent study, which appears in Health Affairs, has found that in the 17 states allowing the drug for therapeutic purposes, there have been declines in Medicare prescriptions used to treat chronic pain, anxiety and depression, and a dip in spending by Medicare Part D which covers the cost of these prescriptions. In other words, the study adds credence to the fact that some older people are seeking cannabis as an alternative to mainstream prescriptions.

The researchers found that in these 17 states, the number of prescriptions dropped for drugs to treat anxiety, depression pain, psychosis, seizures, sleep disorders

and spasticity. Those are all conditions for which cannabis is sometimes recommended.

The study also found that the typical doctor in a medical-marijuana state prescribed 1,826 fewer doses of painkiller in a given year. Using cannabis effectively is done by a trial and error, by each person. There are different strains, and ways to take it. Mostly, it's a combination of the cannabinoids THC and CBD, which provide the chemical compound of relief. THC is the component that makes you "high" and CBD is the component that could help with pain relief, sleeplessness, etc. There are hundreds of products, including edibles, teas, tinctures, teas and yes, even capsules.

HOW DO I GET A DOCTOR'S RECOMMENDATION?

In California, all you need to become a medical marijuana patient is a driver's license (or state ID card), and a valid doctor's recommendation.

You are not required to have a medical marijuana identification card, a doctor's recommendation letter will be enough.

Talk to your doctor, first. Some doctors are more open to recommending

now. If your doctor won't do it, there are other doctors who might. Many doctors are hesitant or unwilling to recommend for fear of federal persecution.

There are cannabis clinicians who specialize. Many are in Vallejo and charge between \$50-75 for a visit and letter. There are also online consultation, starting at \$30. Two online sources are: www.eazemd.com, and abacarx.com.

MEDITATION WORKS TO LESSEN WORRIES AND IMPROVE QUALITY OF LIFE



What do you worry about as you age?

Whether you'll be able to keep your health and live independently...and, for how long? Will your savings last as long as you live? Can you keep up with ever-changing technology? Name your worry, and James Keolker, PhD., has a one solution: Meditation.

"Meditation is a very current topic. The reason for its popularity is that the practice really does work and there are all kinds of positive, measurable results," says Keolker, a meditation expert specializing in teaching older adults. "It's come a long way from the '60's."

Now, meditation is being taught in schools to first responders and any groups under stress and older people, well they're embarking on a "last great adventure that has a lot of stress," points out Keolker.



It's the mind/body connection that needs to be brought more into awareness, he says, adding that one example of a mind/body disconnect is walking into a room and not remembering why you've entered the room. With meditation, the practice itself helps the mind/body work together so that place and focus are more congruent.

He suggests daily meditation, with a centering exercise to set aside all the day's difficulties and focusing instead, on only the present. The present, he believes, is, "only your breath. In and out, your breathing."

With a straight posture and both feet flat on the floor, breathe in and out. Make sure your back is well supported in the chair. Now breathe.

"Thoughts will come up, release them and return to your breath. Release the tension in your shoulders, rotate them, and you will know when you're relaxing," he recommends. "There's a lot going on in our minds....all these thoughts. We process 82,000 thoughts a day. But when you meditate, the fragments are going to settle....breathe in and out."

Meditation is the only way to truly rest, according to Keolker. "You might nap everyday but minds continue to process, even when we're asleep."

Scientific studies have proven that some nerve centers are specifically activated with meditation. Neurochemicals are released, helping with feeling relaxed and a sense of well being. He points to 76 major psychological benefits from meditation, including reducing the risks of heart disease and stroke, reducing blood pressure, decreasing inflammation and even reducing the risk of Alzheimer's Disease. Measurable results are found after twenty minutes, twice a day, for six weeks.

"The shallower breath lowers the heart rates, relaxes muscles and gives us cognitive clarity so we can think better, faster. As we get older, there seems to be more distractions and complications in our thinking, mediation can help us a great deal.



James Keolker, PhD.

Questions on Caring?

Support?

Need Information?



Ask Yvonne!

FREE personal assistance, either by computer or just a phone call away! We'll help you find the right answer to all your questions about Senior Care in your local community.

www. Born  Age .com

Or Call 707.226.7127

For the past two years, Carol Piel, 69, and Nancy Giovannetti, 70, have met every Friday for a two hour catch up conversation that keeps them up-to-date and solid. Lifelong friends, they've found volunteering every Friday to deliver lunches to homebound seniors as a great way to connect, and stay in touch.

Piel does the driving, it's an 18-mile ride through some of Fairfield's toughest neighborhoods, and Carol holds the schedule. Today they have 27 lunches to drop off, sometimes they have 32. And, since they're delivering on a Friday, a few of the folks get weekend meals, as well.

A retired special education teacher, Giovannetti found herself with a lot extra time on her hands. About three years ago, she decided to start delivering meals, and her husband helped out for awhile, and then once he couldn't, Piel stepped in.

"We love helping," says Giovannetti. "We have one man who has a dog and we always bring bones for him. We get to know the people pretty well."

Piel chimes in, "We always knock on the door, but we never go in. We do a quick hello and ask how they're doing. You have to say a little something to everyone."

When the door isn't opened with a knock, Piel calls from a cell phone in the car. No answer isn't always cause for concern, often people go to the doctor or out with family, and don't let the Meals on Wheels in the loop. So, the meal returns to the Suisun City kitchen.

BEST FRIENDS DELIVER LUNCH, WITH LOVE



Carol Piel (left) and Nancy Giovannetti getting back from delivering meals

Both women admit that they've been lifelong volunteers on a number of projects, and Piel is still volunteering for the Homeless Shelter and helps an 87-year-old woman at home. They talk sports, baseball and wonder about how each household is doing. At one house, lunch is delivered through the window of a van, the caregiver is leaving the driveway and Giovannetti wants to be sure she doesn't forget the lunch. Often, too, children or grandchildren open the door to take the lunch.

"Many of our people are helping out families and grandchildren," says Giovannetti, admitting that in one case she's hardly seen the recipient of the lunch and assumes she spends most of her time in bed.

In front of one house, they notice that there is no black car, as usual, in the driveway. A neighbor yells out the door that the family came earlier and took her out for the day. Giovannetti knocks on the door, but there's no answer. Piel dials the number on

the cell phone. The meal of baked, fish and mixed corn and lima beans, returns to the car.

"She has major eye problems and doesn't answer the door right away.... and there's always a car here. She has wonderful children and they're usually here to help."

Piel recalls from last week's visit, "she fell and was bruised all the way around her nose. She told us she was okay, though."

Altogether, they cover three mobile home parks, homes and several apartment buildings. Some of the areas, they admit are "rough." And Piel, a former campus monitor, recognizes some of the former students.

"I'm not afraid when I'm with Carol," laughs Giovannetti, "she knows these kids from school."

They quickly finish up the route and return the rest of the lunches to the central kitchen. The two hours passed quickly, and not, at noon, they're ready to get started on the rest of their day.

The Solano County Meals on Wheels Program delivers 600 lunches to people who are over 60 years old and are homebound. There are no income or health-related requirements. Once an application is completed, a home visit is scheduled for an assessment of need. Assessments are made twice a year.

Volunteers are needed for driving and deliveries. The program asks for a \$3 donation for each lunch.

For more information on volunteering, or to ask for home delivered meal service, call: 425-0368



Carol Piel hands lunch to 94-year-old Alice Freeman of Fairfield,



Nancy Giovannetti shares a laugh with Lloyd Webster of Fairfield.



Juan Estrella picks his meal up from Nancy Giovannetti.

KAISER HOSPICE NEEDS VOLUNTEERS IN THE NAPA-SOLANO AREA

Hospice Volunteers provide services for the needs of both patients and their loved ones. Volunteers go into the homes and nursing facilities of the terminally ill and offer emotional support to the caregiver and patient. In addition to respite for the caregiver, and companionship for the patient, volunteers will run errands, deliver medicines, read books, newspapers, and other material. Volunteers can play music, card and board games, write letters, prepare light meals, and other helpful services.

We have visiting and office volunteers serving in the Vallejo, Napa, Fairfield, and Vacaville area. Our program encourages all diversities, veterans, and retirees to join. You must be 18 or older to apply. If you are interested, and would like additional information, please contact:

Shelia Burton,
Volunteer Coordinator
Kaiser Hospice –
Vallejo Park Place
707-645-2245

NEIGHBORS HELPING NEIGHBORS

Are YOU a Senior age 60 or over needing help?

We match a volunteer with you who can provide respite for caregivers, make home visits and reassurance calls, transportation to medical and social services appointments, grocery shopping, meal preparation, household chores, home safety repairs, and in-home peer counseling.

**For information on services
or to volunteer, call:
FAITH IN ACTION
707-425-6164**

FREE WHEELCHAIRS, COMMODOES, WALKERS and HELP FINDING ASSISTANCE FOR DISABLED SENIORS

Independent Living Resources (ILR) is a non-profit organization dedicated to helping people with any type of disability live normal, independent lives.

Through education empowerment and advocacy, ILR strives to fully incorporate those with disabilities into the community and eliminate institutional, social and attitudinal barriers that hinder progress. All services provided by Independent Living Resources are free of charge for persons with disabilities and seniors, their families and the agencies which serve them.

Services of the AT Network include a free Information & Referral line (1-800-390-2699), Device Lending Libraries, low interest loans, a used device exchange, training programs, public policy analysis and advocacy on behalf of the disability community.

Solano office Assistive Technology Specialist contact:

**Jim Burnett Phone/TTY: (707) 435-8174 Fax: (707) 435-8177
jim@ilrsc.org 470 Chadbourne Road Fairfield, CA 94533**

Volunteer Opportunities



Faith In Action 469-6675

Volunteers needed to assist homebound elderly.

Florence Douglas Senior Center 643-1044

333 Amador St. Vallejo, CA
Need volunteers in travel office, bingo, gift shop and snack bars.

Meals on Wheels of Solano 425-0638

Needed to deliver meals to homebound seniors. Fairfield, Vacaville:

NorthBay Hospice & Bereavement 646-3595

As a Hospice Volunteer, you become a vital member on the professional team who care for the terminally ill. Volunteer opportunities range from patient visits to office work and community events.

Ombudsman Services of Northern California, Solano County 644-4194 (800) 644-4194

Volunteers are trained to receive, investigate and resolve complaints on behalf of residents in skilled nursing facilities and residential care facilities for the elderly.

Solano County Library 1150 Kentucky St., Fairfield 432-1995

Volunteers are needed to read to children and their families at local medical clinics.

Volunteer Center of Solano County 422-2232

www.volunteersolano.org

There are over 375 volunteer positions open with over 125 nonprofit organizations in Solano County.

Sutter Care at Home 5099 Commercial Circle, Ste. 210 Concord, CA 94520 925-363-4120

Hospice volunteers are needed in Vacaville and Fairfield to provide respite care to weary family members and caregivers, and to provide companionship. Patients live in their own homes or facilities, and greatly benefit from weekly visits and other practical assistance. Volunteers are well trained and self schedule visits with assigned patient.

Yolo Hospice (800) 491-7711 530-601-5754 www.yolohospice.org

Make a difference in a life by becoming part of the Yolo Hospice team caring for patients and their loved ones. In your role as a hospice volunteer, you will companion patients and their loved ones. Volunteer opportunities are available in Solano County.

Vacaville Police Department Needs Volunteers

The Vacaville Police Dept. needs volunteers work serve in graffiti abatement, neighborhood patrols, parking enforcement, streetlight night patros, senior wellness checks and vehicle detail. Volunteers serve four hours a week for at least a year and must attend a Volunteer Training Academy. Contact Susanne Johnson at 449-5434

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ADULT DAY CARE

These centers take people of all ages who are frail, demented, or need rehabilitation services to recover from strokes, injuries or accidents but cannot remain alone and do not need skilled nursing care. Activities, lunch and transportation are provided.

If eligible, services are covered by Medi-Cal. Private fees are assessed on a sliding fee scale.

Adult Day Services of Napa Valley
(will pick up from the City of Vallejo and American Canyon)
414 S. Jefferson St.
Napa, CA 94559
258-9080

NorthBay Adult Day Center
3777 Vaca Valley Parkway
Vacaville, CA 95687
624-7970
Monday-Friday, 7 a.m. to 7 p.m.
Northbay.org
(See ad on page 29)

Fairfield Senior Day Program
1200 Civic Center Drive, Fairfield
428-7654 or 428-7742

ADULT PROTECTIVE SERVICES

Solano County Health and Human Services
Older Disabled Adult Services
275 Beck Ave.
Fairfield
1-800-850-0012 (24 hours)

This is where to call when you're worried about an aging person who is being abused or is suffering from neglect. No charge for assessment. County service.

ALZHEIMER'S ADULT DAY CARE

Alzheimer's Association
East Bay Office
251 Lafayette Circle, Suite 350
Lafayette, CA 94549
925-284-7942 or 800-272-3900

FAIRFIELD:

Fairfield Senior Day Program
1200 Civic Center Drive, Fairfield
428-7654

Brain Flexers
Suisun Senior Center
318 Merganser Way
Tues and Thursday only,
10 a.m.-2 p.m.
Lunch included. Fees on sliding scale basis
421-7203

VACAVILLE:

NorthBay Adult Day Center
3777 VacaValley Parkway
Vacaville, CA 95687
Monday-Friday.
624-7970
(See ad on page 20)

ALZHEIMER'S INFORMATION, REFERRAL AND EDUCATION

Alzheimer's Association of Northern California Helpline:
1-800-272-3900
Information, Referral and Support,
24 hours a day, 7 days a week.

Alzheimer's Association
East Bay Office
Greater San Francisco
Bay Area Chapter
251 Lafayette Circle, Suite 250
Lafayette, CA
925-284-7942

Alzheimer's Resource Center
HELPLINE: 624-7971
1-888-922-9922
Monday-Friday, 10 a.m. to 2 p.m.

At-Risk Elder ID Program, Vacaville
Call for an appointment: 469-6673.
This helps identify adults at risk due to dementia, Alzheimer's or other mental conditions who may wander, become confused and get lost. Photos and important information are taken and kept on file with the police dept. and the McBride Senior Center

Pacifica Senior Living of Vacaville
431 Nut Tree Road
Vacaville, CA 95687
449-1350
(See ad on page 21)

Helping Hands Senior Resources
313 Kendal St. #A
Vacaville, CA 95688
707-451-8724
(See ad on page 27)

NorthBay Alzheimer's Resource Center
1000 Nut Tree Rd.
(Vacaville Hospital Lobby)
Vacaville, CA 95688
Monday-Friday: 10 a.m. to 2 p.m.
624-7971 or 1-888-922-9922
Northbay.org
(See ad on page 20)

Safe Return
Helps ID and return potential wanderers.
1-800-660-1993

University of California, Davis Alzheimer's Research Center UC-Davis, Dept. of Neurology
Northern California Diagnostic Center and Clinic
925-357-6904 (information)

UCD Alzheimer's Disease Center East Bay
100 N. Wiget Lane, Suite 150
Walnut Creek, CA 94598
855-420-2612

Comprehensive assessment and evaluation for Alzheimer's Disease and other dementias. Clinical trials and services are available to the public.



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643-7617
www.camino-alto.com
(See ad on page 18)

Pacifica Senior Living of Vacaville
431 Nut Tree Road
Vacaville, CA 95687
449-1350
(See ad on page 21)

Solano Life House
575 South Jefferson Street
Dixon, CA 95620
678-1651
www.solanolifehouse.com

The Greenhills Care Home
115 Thayer Way
American Canyon, Ca 94503
558-8487
(See ad on page 19)

The Meadows Memory Care
1800 Atrium Parkway
Napa, CA 94558
257-7885
(See ad on page 31)

ALZHEIMER ID PROGRAM

**At-Risk
Elder ID Program, Vacaville**

Call for an appointment: 469-6673.
This helps identify adults at risk due to dementia, Alzheimer's or other mental conditions who may wander, become confused and get lost. Photos and important information are taken and kept on file with the police dept. and the McBride Senior Center

Safe Return
Helps ID and return potential wanderers. 1-800-660-1993

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643-7617
www.camino-alto.com
(See ad on page 18)

**Quail Creek at
Paradise Valley Estates**
2600 Estates Dr.
Fairfield, CA 94533
1-800-618-0742
(See ad on page 11)

The Meadows Assisted Living
1800 Atrium Parkway
Napa, CA 94559
257-7885
(See ad on page 31)

**ASSISTED LIVING
COMPLAINTS**

**Department of Social Services
Community Care Licensing
Division**
101 Golf Course Drive
Suite A-230
Santa Rosa, CA 95401
588-5026

**Ombudsman Services
of Northern California**
Solano County, 644-4194 or
(800) 644-4194
(See ad on page 33)

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American Canyon, CA 94503**

The Latest in Understanding Alzheimer's and Brain Health

There is no cure for Alzheimer's Disease, and one leading researcher/scientist doubts there ever will be one.

There are as many reasons for the disease as there are for cancer, or heart disease, so a "cure" won't be the solution, according to Alireza Atri, MD, PhD, Director of the Ray Dolby Brain Health Center who spoke recently at the Alzheimer's Association's Annual Conference in Petaluma.

One reason is that the process of Alzheimer's actually starts 20 years before there are any signs of the disease. There's a disruption in the brain cell communication process, and it's a "very long" time before the cells reach a tipping point where signs of the disease are evident to the outside world

"It happens over time, no one ever wakes up with Alzheimer's Disease," he told a group of conference attendees. "Usually by the time someone exhibits signs of the disease, it's too late to do anything about it."

What actually happens is that a sticky protein starts depositing in the brain. It goes on for years before it shows, and the brain actually compensates for awhile. It's during the beginning stages he believes that current medications would probably be of most benefit because they extend the "middle time" of the disease.

"We finally have some medicine that remove the amyloids, but by the time we find the people, it's too late. If we can, we are working over time to just slow it down."

Not that there's much to be done, anyway, since the disease is progressive and there is no way to

stop it. However, Atri gives hope in slowing down the actual decline of the brain over time.

For clarification sake, Alzheimer's and Dementia are not the same thing.

Dementia is an umbrella phrase for brain decline which could be caused by Alzheimer's Disease, a severe head injury, diabetes, high blood pressure, etc. He estimates that about 60 percent of dementias are caused by Alzheimer's and sometimes people have a combination of several conditions going on at the same time.

For example, one could have Alzheimer's, AND vascular dementia caused by high blood pressure. Risk factors for dementia include aging (over age 85, 50% of people have it), family history, severe head injury, alcohol use, smoking, high blood pressure, high cholesterol, diabetes, gene mutations and, the biggest risk factor is having amyloid proteins in the brain.

It's these proteins that lead to Alzheimer's...but, not always. According to Atri, "When we start accumulating the proteins, we get the tangles and inflammation," but, not everyone gets the tangles.

"We don't know why some people have delays in getting the tangles," he said. "Healthy people have plaque. About 30 percent of healthy 70 year olds have the plaque and might never show symptoms of the disease."

The one thing that scientists are sure of, according to Atri, is that one solution might be the building of cognitive reserve, or continuing to grow brain cells over time. He stresses that building this reserve might be the only hope at this time, recommending such activities as playing bridge, a

musical instrument or learning a new language. Also, exercise is very important.

Lifestyle changes, he predicts, could delay 20-30 percent of dementia. Slowing down the decline is the only option currently available.

But, what could really make the difference is early detection. When a person starts noticing that they're having difficulty functioning at work, or usual activities....or when reasoning seems impaired, poor judgement, inability to plan complex or sequential activities, forgetting events or appointments, getting lost driving, repeating questions or conversations, forgetting words while speaking,

hesitations, spelling and writing errors, changes in personality or behavior...that's the time to get help.

And, "help" is more than having a doctor ask you what's the date, who's the president and how old you are.

"Most cases of Alzheimer's are still undiagnosed," said Atri. To really know what kind of dementia is presenting, there are laboratory workups, imaging and other tests that must be done.

"No one wakes up with dementia," he said. If they do, it's usually a delirium which is caused by an infection or other medical condition that must be investigated.

Wishes, Dreams, Memories: First Steps for the Newly Diagnosed

Are you or a loved one experiencing changes in memory? Newly diagnosed with a mild cognitive impairment, or early stage dementia? Worried about what may come next?

Coming soon:

An eight-week Early Stage Educational Program for those with memory problems, available through NorthBay Alzheimer's Program.

Featuring:

- Techniques to manage stress
- Medication management
- Caregiver resources
- Current research and clinical trials
- Home safety
- Introduction to nutrition
- Financial planning and end-of-life decisions
- Writing your legacy, documenting your family tree

**For more information
please call (707) 624-7971**

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HEALTHCARE**



WHAT TO DO WHEN SOMEONE IS FORGETTING STUFF

Everyone has a story about the first moment when they realized something was “wrong” with a parent or loved one. In my case, it was when my mother insisted on returning home to an address where she hadn’t lived in forty years. It appeared as if a conversational slip, but when I questioned the address, mom insisted it was the right one... where she lived, now.

The thing about Alzheimer’s and dementias is that families are often confused on when it’s time to intervene. One of the aspects of the condition is that the person affected insists that nothing is wrong. In fact, it’s the refusal to accept help or even go to the doctor for a diagnosis that makes things often more confusing for everyone.

Doctors, too, don’t often do a complete workup, and might just ask a few questions that might be easily answered by an intelligent person. If you suspect a decline in brain function, there are several things that can be done. While a doctor is

required to report to the DMV if any sort of dementia is suspected, they rarely do. However, anyone can ask the DMV for re-examination. If the person is still driving, go to the California Department of Motor Vehicles website, dmv.ca.gov. Complete form DS 699 and mail it to: Sacramento DMV, 4700 2nd floor, Sacramento, CA 95820. Ask the doctor for a referral to a Neurologist, or make an appointment to be evaluated at the UC Davis Alzheimer’s Disease Center. The center is a specialty clinic providing diagnostic assessment. You can self-refer and Medicare, Medi-Cal and insurances are billed. The evaluation may consist of 2-3 visits, including: 1) neurological, neuropsychological, medical and psychosocial assessments, 2.) laboratory tests and, 3) neuroimaging studies such as MRI, CT or PET scan. The phone number for the Center is 916-734-5496. Once you have the test results, you can bring about a plan of action.

RESPIRE GRANT AVAILABLE

There is a \$1,000 stipend to assist families who are caring for someone with Alzheimer’s Disease and need help with paying for respite care. It will only pay for in-home care, adult day care or overnight care in a facility. It will not pay for any respite services the family is already receiving, or other services.

The \$1,000 grant must be used within a six-month period. There is a wait list. In order to qualify, the family must live in northern California, the person must have dementia, the primary caregiver

must be in need of additional respite and needs funding to help pay for it.

It is the family’s responsibility to arrange for the respite care services and monitor expenses. Payment is made directly to the service provider after receipt of service is submitted to the Chapter. Private home care persons must provide a Social Security number.

For Solano County, the Alzheimer’s Association is at 3675 Mt. Diablo Rd., #250, in Lafayette. Call them at : 925-284-7942

The Difference Between Alzheimer’s and Typical Age-Related Changes

Signs of Alzheimer’s

- ❖ Poor judgement and decision making
- ❖ Inability to manage a budget
- ❖ Losing track of the date or the season
- ❖ Difficulty having a conversation
- ❖ Misplacing things and being unable to retrack to find them

Typical Age Related Changes

- ❖ Making a bad decision once in awhile
- ❖ Missing a monthly payment
- ❖ Forgetting what day it is and remembering after
- ❖ Sometimes forgetting which word to use
- ❖ Losing things from time to time

SPECIALIZED MEMORY CARE FOR YOUR LOVED ONE



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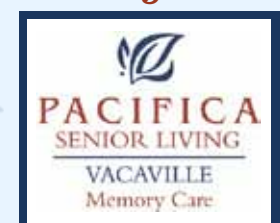
Your loved one will enjoy the comfort of our cottage neighborhood and freedom of our large courtyard with gardens and walking paths.

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- Respite Stays
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(707) 439-8200



*License Pending

431 Nut Tree Road | Vacaville, CA 95687 | PacificaVacaville.com

How Can I Trust My Caregiver?

The most common question we receive at Born To Age, is whether to trust a caregiver or home care agency, to come into a home. People are often concerned about strangers taking over daily tasks of living, but also having access to private information, jewelry boxes, mail, etc.

No one can guarantee that a caregiver will not steal or take advantage of anyone while in their home. Even family members have been known to take things without permission.

There are, however, safeguards that can be in place.

The first one is to remove anything of value from the home, or place it in a safe place. Especially small things, jewelry, coins, money, etc. Checkbooks and bank information should go into a lockbox. Mail be picked up by a trusted friend, or put into a safe place.

Even if a caregiver is in place, it is a good idea for friend/family members to drop by while they're on duty for a friendly visit. Don't have to stay long, but vary the days and times.

Be careful if the caregiver starts suggesting other assistance/substitutions from relatives or other people they know. We do not recommend that anyone hire the relatives of their caregiver for yardwork, handyman or other services.

If the caregiver is employed by a Home Care Agency, make sure they (both the agency and caregiver) are licensed by the State of California. All caregivers working for an agency are required to be licensed. This means they've been fingerprinted,



*Yvonne Baginski
Publisher, Born to Age*

have a clear background and a TB test. It also requires they undergo five hours of training every year.

You can check to see if a caregiver is licensed, by going online to the Home Care Services Bureau at ccl.d.ca.gov Click on Home Care. You will need the caregiver's name and ten digit license number.

The same with the Home Care Agency. All licensed agencies are listed on this site.

If you hire an independent caregiver, one who is NOT affiliated with any home care agency, there is no licensing requirement and they are not required to register with the State of California.

Caregivers usually provide the following services: Bathing, dressing, feeding, exercising, personal hygiene and grooming, transferring/ambulating, positioning toileting and incontinence care, making phone calls, assisting with medications, meal planning and preparation, transportation, housekeeping, laundry, companionship, shopping.

CANCER CARE

(See also Cancer Support Groups)

Cancer Support Services

Program is designed to provide support, guidance and referrals to community resources to anyone living with cancer in Solano County. The goal of this program is to overcome any barriers that would interfere with or prevent a person from receiving needed cancer treatment.
707-425-6164

American Cancer Society
425-5066

NorthBay Cancer Center
646-4000
(See ad on page 20)

CARDIAC REHABILITATION

NorthBay Health Care
646-5072
(See ad on page 20)

CAREGIVERS FOR HIRE (Home Care)

ABBA In-Home Care Services
3860 Broadway Street, Suite 102
American Canyon, CA 94503
Business office:
707-704-6489 & 707-731-0475
Sacramento Valley: 916-690-0097
Abbahomehealth.com
(See ad on page 2)

Americare
831 Alamo Dr., Suite 4A
Vacaville, CA 95688
447-7734 (Vacaville)
www.americarenorcal.com
(See ad on page 22)

ApexCare

Fairfield, CA 94533
877-916-9111
www.apexcare.com
(See ad on page 24)

Caregiver Referral Service

Area Agency on Aging Serving Napa Solano Maintains a list of caregivers for hire.

Vallejo: 643-1798
Vacaville: 469-6679
(See ad on page 7)

Faith in Action

425-6164, 469-6675
Volunteers provide in-home care, shopping and transportation.

Home Instead Senior Care

3429 Broadway, Suite C-7
American Canyon, CA 94503
552-2266
www.homeinstead.com
(See ad on page 25)

Honor Home Care

877-777-5116
Joinhonor.com
(See ad on page 3)

In-Home Supportive Services - Solano County Health and Social Services

784-8259
Recipient must be on SSI, receive Medi-Cal or be Medi-Cal eligible. Must need assistance with personal tasks and be at risk for out-of-home placement.

Love & Joy Senior Care Services

340 Northrup Lane
American Canyon, CA 94503
707- 342-5613
(See ad on page 24)

Kindred at Home

190 S. Orchard Ave. Suite A-105
Vacaville, CA 95687
Office: 707-447-4228
Cell: 707-280-3287
Fax: 707-447-5923
www.professionalhc.com
(See ad on inside back cover)

Senior Helpers North Bay

1100 Trancas St., Suite 214
Napa, CA 94558
251-1611 (Solano-Yolo)
(See ad on page 26)



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www.americarenorcal.com



Patti Ruona Sally Price Debbie Doyle

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- *Meal Preparation and Light Housekeeping
- *Transportation for Errands and Appointments
- *Incontinence Care and Toileting Assistance
- *Range of Motion Exercises
- *Medication Reminders

Sequoia Senior Solutions

1372 N. McDowell Blvd., Suite S
Petaluma, CA 9954
419-7299
Sequoiaseniorsolutions.com

Sutter Care At Home

1900 Powell St., Ste 300
Emeryville, CA 94608
800-698-1273
www.suttercareathome.org
(See ad on page 26)

Visiting Angels Senior Homecare

1120 Montgomery St.
Santa Rosa, CA 95405
707-528-0222
www.visitingangels.com/vacaville
chamilton@visitingangels.com
(See ad on page 23)

Your Home...Nursing Services

3188 Jefferson St.
Napa, CA 94558
707-642-4711 (Vallejo/Benicia)
707-428-5733 (Fairfield/Vacaville)
707-224-7780 (Napa)
707-963-4913 (UpValley)
530-753-7478 (Yolo County)
www.yourhomenursing.com
(See ad on page 27)

**CONTINUING CARE
RETIREMENT COMMUNITIES**

These communities offer several levels of health care on one Campus., including Independent Living, Assisted Living, Memory Care and Skilled Nursing Care.

The Meadows

1800 Atrium Parkway
Napa, CA 94558
707-320-2222
www.retirement.org/napa
(See ad on page 31)

DIABETIC CARE (Wounds)

NorthBay Center for Wound Care

1010 Nut Tree Rd., Suite 100
Vacaville, CA 95687
624-7979
NorthBay.org
(See ad on page 20)

DIABETES & ENDOCRINOLOGY

**NorthBay Center for
Diabetes & Endocrinology**

1020 Nut Tree Road, 2nd floor
Vacaville, CA 95687
(707) 624-7999
NorthBay.org

ELDER ABUSE ADVOCACY

Adult Protective Services
784-8259 or 1-800-850-0012

**Ombudsman Services
of Northern California**

Solano County
644-4194 or (800) 644-4194.
To report suspected elder abuse in a nursing home or assisted living facility.
(See ad on page 33)

**California Advocates for Nursing
Home Reform (CAHNR)**

650 Harrison St. 2nd Floor
San Francisco, CA 94107
800-474-1116

**EMERGENCY RESPONSE
SYSTEMS**

LIFELINE

1425 N. McDowell Blvd., #103
Petaluma, CA 94954
707-778-7883 or 1-800-949-2434
(See ad on page 30)

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www.visitingangels.com/napa-solano

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WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

Getting help at home is usually the first thing that people think about when chores and/or personal care is becoming difficult or impossible. Housekeepers, gardeners and occasional handymen are the easiest for most of us to consider because they don't carry the psychological burden of no longer being able to do for ourselves. Caregivers can be resisted because of cost, fear of loss of independence, autonomy and privacy, or just due to stubbornness and personal will.

While most prefer a family member or prior knowledge of the caregiver, this may not always be possible. Family members might have good intentions, and while promises are made, commitments may be more difficult to keep. It's may not be the best thing to have a family member, friend or neighbor as a caregiver. The most reliable solution is hiring outside assistance with a regular schedule. This way, family members remain as family and others can be counted on to do the hands-on work.

There are many choices in help at home. If looking to hire privately, there's a caregiver referral service out of the Area Agency on Aging's office in Vallejo. Discharge planners, hospices, social workers also know of people who might want to work privately. If hired privately, the hours worked and wages paid are between you and the employee. You are also liable for worker's compensation and IRS withholding.



Here's a brief rundown on the types of agencies in Solano County.

HOME HEALTH AGENCIES

These agencies provide services that are 100% covered by Medicare, Med-Cal or private health insurance. This service must be ordered by a doctor. However, you still have a personal choice of agency. Requirements to qualify for care are: 1: Homebound, 2. Need for skilled care. Skilled care means that you need a nurse, a physical, speech or occupational therapist. This is also a time and visit limited services. Some aide service can be available, if there's a skilled

need. This is a service NOT covered by Long Term Care Insurance. Born To Age doesn't list these prices because the costs are directly reimbursed by Medicare. You are not billed for services.

Healthy Living at Home
1320 Willow Pass Rd. Ste. 715
Concord, CA 94520
877-513-7363
www.healthylivingservices.org

North Bay Home Health & Hospice
4520 Business Center Drive
Fairfield, CA 94534
646-3575

Kindred at Home
190 S. Orchard Ave., Suite B-117
Vacaville, CA 95688
707-776-1904, 800-654-5677

Sutter Care At Home
5099 Commercial Circle, Suite 205
Concord, CA
925-677-4240
suttercareathome.org

PRIVATE DUTY HOME CARE AGENCIES

These agencies provide both skilled and non-skilled care. The services might be covered by long term care insurance, other insurances, and private pay. The agency is the employer. Caregivers are hired, screened and paid for by the agency. If the caregiver is ill or

unable to work, a substitute caregiver is available. The agency pays payroll taxes, worker's compensation, and maintains liability coverage. The agency also determines what the caregiver can and can't do. There is often a minimum number of hours for services.

Care provided by these agencies can include: skilled care, personal care, transportation/errands, meal preparation, medication reminders, light housekeeping, laundry, etc. Shifts can be hourly, live-in or sleepover.

Abba In-Home Care Services
3860 Broadway Street, Suite 102
American Canyon, CA 94503

Business Office:
707-704-6489
707-731-0475
Sacramento Valley: 916-690-00097
Fax Number: 877-904-7574
Website: abbahomehealth.com

Abba In-Home Care has cared for seniors for over 16 years. Rates start at \$25 per hour with 4-hour minimum flexible round-the-clock shift. Helping to find a Board and Care Home is free. All employees are bonded, fingerprinted, reference checked, and covered with General and Professional Liability Insurance and Workers Compensation. Serves Napa, Solano, Marin, Sonoma, San Francisco, Contra Costa, Sacramento, San Joaquin and Los Angeles Counties.

Quality Service, Family Owned, Great Reputation



Abba In-Home Care Services

- Personalized Care At Your Own Home
- Flexible Hours To Round the Clock Care
- Employees, Bonded and Insured
- Free Board and Care Placements

Please Call: 707-704-6489

Visit us at www.abbahomehealth.com

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For over twenty years, ApexCare has proudly served Northern California seniors. Whether you choose in-home services or to move to a senior community, our staff of senior care experts can guide you every step of the way.

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Sacramento San Joaquin Solano Stanislaus Yolo

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

ApexCare
1652 West Texas St.
Fairfield, CA 94533
877-916-9111
www.apexcare.com

For over twenty years ApexCare has served the senior community. Professional staff are there to guide, with home care or placement available. Offer FREE in home care assessments and FREE Care Facility referrals. ApexCare is licensed, bonded, and carries full liability insurances. Caregivers are thoroughly screened including a complete background check, verification of employment history, education, training, work experience, photo ID, Social Security verification, TB clearance, clean DMV report and auto insurance verification. On-going caregiving training required by all caregiving staff. No minimum hours. Price ranges from 1 hour to 24 hour Live-In Services: 1 hour: \$40, 2 hours \$32/hour, 4-8 hours: \$22-36, 3 hours \$32/hour. A 12 hour shift is \$308 and 24 hour/ Live-In shift is \$704. Multiple locations in Northern California, including: Alameda, Contra Costa, El Dorado, Marin, Napa, Nevada, Placer, Sacramento, San Francisco, San Joaquin, Santa Clara, San Mateo, Solano, Stanislaus, and Yolo.

Home Instead Senior Care
3429 Broadway, Suite C-7
American Canyon, CA 94563
707-552-2266
Provides service in Napa, Solano and Sonoma Counties.
www.homeinstead.com

This is a private duty home care agency that provides services such as personal care and grooming, errands, medication reminders, incidental transportation, light housekeeping and companionship. Our staff are experienced and receive regular ongoing training. Accepts Long term care insurance. Care givers are employees of the company, so complete supervision and management is provided and all taxes and insurance is included. All employees thoroughly screened including criminal and driving records, drug tested and TB tested. We provide services and phone support 7X24X365. Rates range from \$26 – \$28 per hour, 3-hour minimum shift. Care Managers are able to provide you with options and referrals for other areas of needs.

Honor Home Care
707-387-9487
www.joinhonor.com


Honor provides family-quality care and companionship to older adults so they can stay happy and healthy in their own homes. Need a ride? Help with meals, mobility, or personal care? We're there for one hour or as long as you need, to offer a full range of personalized, non-medical services to Bay Area

families, including care for Alzheimer's and dementia. All Honor qualified Care Pros are compassionate, highly-skilled professionals—thoroughly screened, background checked, and fully insured. Just request a visit online or by phone, and a Care Pro is dispatched in as little as 2 hours. Apps help you schedule and monitor care visits from anywhere and always be in touch with your Care Pro. Flexible care by the hour—24/7. One-hour minimum \$60/hour. 2-3 hours \$40/hour. 4-7 hours \$22/hour. 8-24 hours \$21/hour. \$4/hour increase for care over 8 hours due to overtime costs. No deposits or long-term contracts required. Call or visit our website to learn more.

Love & Joy Senior Care Services
340 Northrup Lane
American Canyon, CA 94503,
707-342-5613 & 925-408-7122,
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Contact: Jennie Falcon

Love & Joy is a non-medical home care and board & care placement agency. Rates range from \$18-21 per hour, no minimum. Live in care rate starts from \$200 per day. Services can be stopped anytime, no contract needed. Accepts checks and long term care insurance. Free in-home assessments and safety checks. Caregivers are bonded, insured, background checked, and TB tested. Provide services for dementia/alzheimer's care, personal care, companionship, transportation, and hospice care. Licensed nurse conducts caregiver supervisory visits, regular client check-ins, and advocates for care with client's doctors.

Continued on Page 26



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WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

Kindred at Home
 190 S. Orchard Ave. Suite A-105
 Vacaville, CA 95687
 Office: 707-447-4228
 Cell: 707-280-3287
 Fax: 707-447-5923
www.kindredathome.com

Kindred at Home is a full service home health agency, offering both medical and non-medical home care to Bay Area families for over 20 years. Services range from skilled nursing and rehabilitative therapy to private duty personal care and household assistance, with non-medical rates starting at \$25 an hour, minimum 3 hours. The company is CHAP accredited and Medicare-certified, and all employees are highly trained, screened, bonded, and insured. Clinicians are licensed, and professional case managers coordinate care with physicians and other healthcare providers. Services include nursing care, physical and occupational therapy,

extended care, home health aides, medication management, and the full range of personal care assistance, transportation and companionship.

Senior Helpers North Bay
 1100 Trancas St., Suite 214
 Napa, CA 94558
 707-251-1611 (Solano-Yolo)

Senior Helpers North Bay is a care management company providing care management, transitional care, placement and non-medical home care. FREE assessments and safety checks. Based on visit we make recommendations are made based on needs. Employees are insured, bonded, background checked and trained for various situations. A patented training dementia training program called GEMs is used for all caregivers. \$28.00 per hour (3 hour minimum) \$35 per hour (anything over 9 hours in a day). \$550 for 24 hours (includes overtime).

Visiting Angels
Living Assistance Services
 Sonoma - Napa - Solano
 p 707-528-0222 f 707-528-2388
www.visitingangels.com/napa-solano
chamilton@visitingangels.com

Visiting Angels Living Assistance Services, a 'Diamond Certified' company, provides personalized non-medical services and is a fully bonded and insured agency under the direction of a Certified Senior Advisor. All caregivers are professionally experienced, thoroughly background checked and drug screened. Agency conducts caregiver supervisory visits and regular client check-ins. Available 24/7. Complimentary in-home assessments and safety checks. Current Service Rates: Hourly Care (4+hours) \$27.00 p/h, 12-Hr Overnight Sleep Care \$23 per hour. 24-Hour Care starts at \$595.00 per day. Hospice Care \$595 per day.

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 530-753-7478 (Yolo County)
www.yourhomenursing.com

A state licensed, family owned, local, private duty home care agency providing home health services in Solano, Napa, Yolo Counties, and the Sonoma area. Services are all-inclusive—everything from housekeeping to Skilled Nursing. No hourly minimum, no extra charge for nights or weekends, can start services the moment needed. Free RN assessment to develop care plan, a home safety evaluation, and home re-visits to ensure quality of care and caregivers. Care is always managed by an RN. Telephone assistance for



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WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

family available 24/7. Will assist with insurance billing. Recently added: "Alzheimer's Whisperers" (a loving and gentle approach). All caregivers are screened, bonded, insured, and have complete background checks. Many caregivers have been with the agency over 5 years. Nurses make weekly "re-visits" to the homes in all communities, to ensure quality of care and caregivers, with all caregivers being CPR/First Aid Certified. Rates start at \$24.50 per hour. Live-in services at \$350, and sleepovers at \$250. Experienced with Alzheimer's/Dementia, Cancer, Strokes, Fractures of all types, Parkinson's, and simply frail family members. Accepts private pay, accepted by all insurances and are vendors with the Veteran's Administration. Caregivers available for Worldwide Travel, care for pets, and support for family members at Special Family Events.

DOMESTIC REFERRAL AGENCIES

These agencies provide nonmedical caregivers/companions to help with personal care, transportation, meals, baths, light housekeeping, etc. They provide many of the same services as private home care agencies, however, the caregiver is not an employee of the agency...the caregiver is an independent contractor.

The agency finds and screens the caregiver. The client has the option of interviewing or letting the agency match the appropriate caregiver. The agency assists in negotiating the rate between the client and caregiver, including agency fee. Caregiver earnings are reported to the IRS. Substitute caregivers are available.

AmeriCare
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Vacaville, CA 95688
(707) 447-7734
www.americarenorcal.com

Americare is a referral agency for caregivers. Provides qualified, professional caregivers and matches the needs of the client with the skills and personality of the caregiver. Free in-home assessment and fall risk safety evaluation by a Certified Senior Advisor and Client Coordinator. Referred caregivers have experience in senior health care, most with additional state training and certification, background and driving record check. Caregivers provide non-medical personal care, companionship, and local transportation. No hourly minimum. Rates begin at \$20/hour. Live-in rates begin at \$264 per 24-hours. Private pay and long term care insurance accepted.

Caregiver Referral Service
Area Agency on Aging
Serving Napa and Solano
Vallejo: 643-1798
Vacaville: 469-6679
Monday, Tuesday, Wednesday Only

This agency maintains a list of people who work as companions, housekeepers, gardeners, handymen and odd jobbers. You'll be given several names to call, and you make a choice and do the hiring. It's a free service, but each individual charges their own rates and terms. All is to be negotiated with the person to be hired. Rates range from \$15-17 an hour.

Faith in Action~Serving Solano County
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Ask us about a benefit that helps qualified Veterans pay for care! **(707)451-8724**

What are the options open to me, and how will the government pay for it?

The government does not usually pay for custodial care at home. Custodial care, means that if a person needs help with bathing, housekeeping, food preparation and/or medication monitoring mostly, they will have to pay for it out of pocket. Medicare only pays for skilled medical care, that is usually provided by therapists, nurses and social workers, intermittently.

Medicare does not pay for assisted living, board and care nor custodial home care. There are also eligibility requirements for paying nursing home care, including a limit of coverage based on utilization of days, and skilled care. So, for the first 30-90 days of nursing home a person may be covered under Medicare, but this often changes to no coverage once the person is stabilized and in custodial, long term care.

Home Care costs about \$23-25 an hour (see page 28-32) for costs and minimums, and most agencies require a 4-hour daily minimum. A board and care can run between \$2,500 to \$4,000 for semi-private and/or private room, and assisted living can run between \$3,500-\$5,500 a month.

So, if a loved one needs home care, or placement into a board and care home, or assisted living facility, here are the options available.

1. Private pay. Many people pay for services out of savings and retirement accounts. Assets are spent on services, based on ability to pay. If a home is owned, a reverse mortgage might be an additional source of funds for this type of care. A reverse mortgage is available for seniors only.

Another option is a home equity line of credit, or selling the home to a trusted friend/family member and leasing it back.

2. The Veteran's Aid and Attendance Benefit. This can supplement private pay, but one must prove eligibility for services. (see page 37 for details).



This benefit is retroactive from time of application, and can take up to one year to determine eligibility and payment. This benefit can help pay for home care, or assisted living care. It does not pay for rent or lodging expenses, but is restricted to medical and care services.

3. Long Term Care Insurance. Read the policy very carefully. Some only cover nursing home or assisted living care. Or, provide a daily limit that covers only a portion of the care. Some policies sold in the 1990s are basically useless today, unless a person wants to go straight to live in a nursing home. If you have a policy purchased before 2010, review it carefully to make sure it is actually going to provide funding for the services you might prefer. Policy review is available without charge from advocates from the Health Insurance Counseling and Advocacy Program (HICAP). Call **1-800-434-0222** to make an appointment for a review of your policy.

4. Medi-Cal:

On January 1, 2014, California expanded Medi-Cal eligibility for some low-income adults. When you complete a Covered California application, your application will be automatically reviewed by Covered California. But if your income is under 138% FPL, you will be reviewed for Medi-Cal eligibility.

Medi-Cal offers free or low-cost health coverage for California residents who meet eligibility requirements. Medi-Cal health plans are similar to the majority of the health coverage options available through Covered California. Covered California is the new marketplace that makes it possible for individuals and families to get free or low-cost health

insurance through a plan selected as well as get help paying for private health insurance.

The goal is to make it simple and affordable for Californians to get health insurance. Covered California is a partnership of the California Health Benefit Exchange and the California Department of Health Care Services.

B. Long Term Care

Medi-Cal. The basic requirements to qualify for Medi-Cal are that you are in a nursing home, at least 65 year old, (or blind or disabled), and medical/nursing bills exceed your income, and your countable assets do not exceed \$2,000. You must also be a U.S. citizen, or lawful permanent resident of California. A partial list of exempt (noncountable) assets include: a home, houseboat, mobile home and multi-unit dwelling if you live in one of the units some time before entering a nursing home; household goods and personal effects—wedding, engagement rings and heirloom jewelry, one car, burial plots, prepaid burial plan, and some annuity or pension plans if payments of principal and interest are being made.

It is a good idea to speak with a Medi-Cal planning expert to determine planning and eligibility for Medi-Cal.

Medi-Cal does not pay for room and board at any assisted living or board and care home. It also does not pay for private home care.

And, finally, the big question: What Happens When We Run Out of Money?

Sometimes families pitch in funding on a month-to-month basis to supplement care. For example, the monthly SSI stipend may not provide enough money for a board and care home, so the children or other friends add money, as needed. Or, when the well runs dry, Medi-Cal eligibility and nursing home placement for long term care becomes one reality that may need to be faced. There are very few options available for low income seniors. Patching together services, family support and spending down assets seems to be the path followed most often.

Questions about any of the above, including referrals to other resources, are available at **Born To Age, 707-226-7127.**

If You've Ever Worked in the U.S. Atomic Industry

Compensation and medical benefits to current or former civilian employees who've worked at certain government or privately owned medical facilities where atomic weapons were produced or tested, are now available from the Energy Employees Occupational Illness Compensation Program in Livermore. Lump sum benefits of up to \$150,000, to qualified claimants, are available if claimants worked in a covered facility and developed radiogenic cancer, beryllium disease or silicosis. Qualified survivors of these deceased workers may also be eligible for compensation.

While the amount of compensation may vary, most employees found to have a work related illness will receive a federal payment and medical benefits for the treatment of the covered condition.

If you have worked, or know of someone who's worked at a designated Department of Energy facility, Please call, 866-606-6302 or 925-606-6302, for more information.



Rules for Managing Aging and Caregiving

Eldercare Manager, Kira Reginato, is on a mission. In caring for her own two parents, and hundreds of others, she's developed an easy set of rules for managing aging and caregiving. And, now she's written a book, *Tips for Helping Your Aging Parents (Without Losing Your Mind)*.

"It's about having a conversation," says Petaluma-based Reginato. "To start talking about what matters and writing things down."

Practicality reigns supreme. Once a radio host of "The Elder Care Show" and "Call Kira About Aging!" Reginato has interviewed hundreds of people on various aspects of aging, and she's gained her own perspective and expertise.

Like many experts in this field, Reginato has cared for her own parents, and lessons learned evolved into a blog and radio show podcasts at callkira.com.

She writes of Ground Rules:

1. Let yourself be helped. You haven't practiced on many other parents before, you are new at knowing what to do.
2. Help your parent in a gentle way and be patient with yourself and siblings. This can be a long journey.
3. Keep in mind that you can't have just one talk and expect change. Talk all the time. Intersperse the hard stuff with the easy stuff.

4. You don't have to go it alone. A care manager can be hired to do some of the things, too.

Reginato recommends starting a conversation with parents as early as when they turn age 70.

"Start writing things down in a computer file, starting a diary of conversations. Develop their baseline or starting point, based on mental and physical function. What do they talk about? Do they want to move? Do they have a trust?" She says, "Get an accurate reflection of what's going on by writing it all down, not just trying to remember later."

Also take a look at your own personal support system. How much hands-on caregiving do you want to do? What do you want to pay for? Can you ask a parent for money if you're doing everything and they don't want to pay anyone else?

Get your legal documents completed. Make sure that there's a Power of Attorney for Finances in place so that, "if a parent is in surgery and hospitalized for weeks, there's someone to pay bills and take care of business."

She also recommends bringing in all the siblings and dividing up responsibilities before a crisis.

"Be reasonable," she says. "Is it reasonable to ask your sister to manage dad's finances if she can't manage her own money? Or, if your brother is a big-picture thinker, will he be able to sort through the details of daily medication management?"

Having siblings operate from areas of competence and strength is often amenable to everyone.

And, start talking to others, reading books, articles and gathering information now...not waiting for a crisis, so that when things develop where your parents need more assistance, you'll be ready.

Snippets from the Book:

- 1) Document your conversations and observations now

When your parents are about 70, I recommend starting a file on your computer for each one. I have one for my mom and had one for dad.

Here you can make entries about health issues they bring up, take notes on conversations so you can look back about things you agree about, time frames you decide, other things that jump out at you as important.

This diary helps you track mental and physical changes over time, too.

- 2) Divvy up tasks to come

Here's what I've noticed after years in the business. It is typically the oldest daughter who takes care of a loved one. Even if there are 5 other siblings. Why is this? Many reasons but ultimately, who cares? What's important is that whomever the primary caregiver is (or overseer of the care) you will be well served engaging those other siblings in a useful way. Every brother or sister can do something.

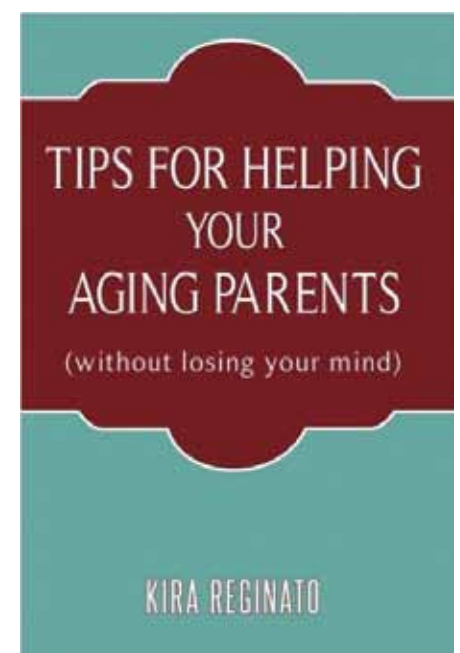
Schedule a family meeting or family conference call and pass out the Support System Questionnaire to get started.

If you don't have siblings, are there other family members who might be willing to assist in taking care of your loved one? If so, ask if they might be willing to talk through the tasks that are ahead and how they might be able to help.

The questionnaire asks people: What do you want to do for your loved one and what don't you want to do. Yes, I suppose you can say, "I don't want to do anything!" We get to that later.

THIS IS KEY. Being able to stop and analyze how you want to help and how you don't is worth a lot. No sense doing what we don't want to do, it sets us up for resentment. Let's sign up to help on things we are happy to help with.

Kira Reginato can be reached at 707-762-5433,
Email: kira@lifegcm.com
Kira is available for speaking engagements.



*In **Tips for Helping Your Aging Parents (without losing your mind)** Reginato creates a compassionate and straightforward guide filled with expert tips for adult children of aging parents. Easily accomplish important tasks: Assist with tracking medications to avoid errors. Create a safer home environment to prevent falls and accidents. Keep yourself in a good frame of mind to avoid burning out. Select the best caregiving products. Manage emergency room visits and avoid hospital readmissions. Have important conversations about medical wishes. Deal with a parent who resists paid help at home.*

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Healthspringfitness.org
(See ad on page 13)

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Yvonne Baginski

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(See ad on page 21)

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(See story on page 16)

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NorthBay.org
(See ad on page 20)

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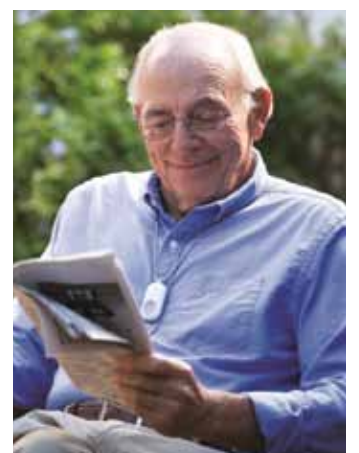
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(See ad on page 20)

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MEDICAL ALARMS**LifeLine**

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(See ad on page 31)

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(See ad on page 32)

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(See ad on page 24)

Care Patrol

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415-408-6097
ernie@carepatrol.com
carepatrol.com

Helping Hands Senior Resources

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(See ad on page 27)

Love & Joy Senior Care Services

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American Canyon, CA 94503
707-342-5613
(See ad on page 24)

RESPITE CARE (Out of Home)**Area Agency on Aging
Family Caregiver Support
Program**

643-1797 or 1-800-510-2020
(See ad on page 7)

Adult Day Services of Napa Valley

(will pick up from portions of Vallejo
and American Canyon)
414 S. Jefferson St.
Napa, CA 94559
258-9080

Camino Alto Residence Club

105 Power Dr.
Vallejo, CA 94589
643-7617
www.camino-alto.com
(See ad on page 18)

**Pacifica Senior Living
of Vacaville**

431 Nut Tree Rd.
Vacaville, CA 95687
707-449-1350
(See ad on page 21)

**Fairfield Senior
Day Program**

1200 Civic Center Drive, Fairfield
428-7742 or 428-7654

NorthBay Adult Day Center

3777 VacaValley Parkway
Vacaville, CA
624-7970
Monday-Friday, 7 a.m. to 7 p.m.
Northbay.org
(See ad on page 20)

SUPPORT GROUPS**FAIRFIELD:****Al-Anon**

8:00 p.m. on Fri and Mon.
Grace Episcopal Church
First St. and Kentucky Ave.
Fairfield, CA
452-9444

Alzheimer's Support Group

3rd Tuesday, 6-7 p.m.
Brookdale Fairfield
3350 Cherry Hills Ct.
Contact: Annette Vance, 925-286-0133

Caring and Sharing

Fairfield Senior Center
1200 Civic Center Dr.
469-6675
Mondays, 9:30 a.m. to 11 a.m.

Brain Flexers

Suisun Senior Center
318 Merganser
Fees on a sliding scale
Meets Tuesdays and Thursdays,
10 a.m.-2 p.m.
421-7203

Cancer Support Group

Every 2nd and 4th Wednesday,
6:30-8:30 p.m., Fairfield Senior
Center, 1200 Civic Center Drive,
Fairfield.

Caregiver's Support Group

4th Thursday, 9-10 a.m.
Fairfield Senior Center
1200 Civic Center Dr.
363-7937

**People Helping People Cancer
Support Group**

Every Thursday 1-2 p.m.
Our Lady of Mt. Carmel Church
Dover Ave. and Cement Hill Rd.
Fairfield, CA
422-7767

RIO VISTA**Alzheimer's Support Group**

3rd Friday, 9:30-11 a.m.
Rio Vista Senior Center
25 Main St.
Contact: 800-272-3900

Caring and Sharing

Mondays, 2-3:30 p.m.
Rio Vista Senior Center
25 Main St.
Faith In Action volunteer facilitator,
469-6668

VACAVILLE:**Al-Anon**

Fridays 7:00 p.m.
Kaiser Permanente
3700 Vaca Valley Parkway
3rd Floor, Room C.
Vacaville, CA

Al-Anon

Community Presbyterian Church
425 Hemlock
Vacaville, CA
Thursdays, 12-1:30 p.m.
448-5055

*Continued on Page 34***YES! Please contact me for advertising in the
Born to Age 2018 Solano County Directory**

Name _____

Business Name _____

Address _____

Phone _____

Email _____

Any comments on this directory? _____

Suggestions for next year? _____

Send to: Born to Age
P.O. Box 6863
Napa, CA 95581
707-226-7127
www.borntoage.com



WINDSOR VALLEJO
Care Center

2200 Tuolumne Street, Vallejo, CA 94589
PH: 707-644-7401 / FX: 707-644-1665

Even The Smartest Person Can Be Influenced by Another

Ever wonder why an elderly parent, who is obviously being taken advantage of by an adult child, won't do anything about it?

Or, why a caregiver is suddenly in charge of all decisions, including managing the money and signing checks for an elderly person?

Or, what's happened when an elderly person has stopped visiting with friends, accepting phone calls or has cut off most of their lifelong relationships once a son/daughter has moved in?

One reason could be that of "undue" influence....which the Probate Code defines as "...excessive persuasion that causes another person to act or refrain by acting by overcoming that person's free will and results in inequity."

Undue influence is not a crime, but it could be a means to committing a crime.

And, it's very easy to hide, according to Nancy Hoffman, PsyD, a Geriatric Neuropsychologist based in Benicia, Ca. "We are all vulnerable to this, because people who do this, are very good at what they do. "

Older people, though, are the most vulnerable because they are more dependent on others for care and support. Afraid to lose their independence, or main caregiver, they'll go along with it, explained Hoffman at a recent presentation before eldercare professionals. Tactics by the influencer might include controlling the necessities of life, medication, the victim's interactions with others, access to information, or sleep. Affection, intimidation and coercion are also dominant.



*Nancy Hoffman, PsyD,
Geriatric Neuropsychologist*

"The person who is driving you to medical appointments might start asking you for things that you don't want to do, but you don't want to lose your driver, so you might do what they ask," said Hoffman. "I might put up with a lot of abuse because I want to stay in my home and not go into a nursing home."

Ways of taking control include isolation such as: Turning someone against family members and friends, convincing victim to choose new professionals, cutting off/controlling phone calls, visits and mail. There's also the creation of a siege mentality, with the abuser convincing the victim that no one cares about them anymore, the family members and doctors want to put them in a nursing home, by creating a lack of trust and isolation so that the only person that can be trusted, is the perpetrator.

The perpetrator might also foster dependency by taking over the management of the victims activities, food, medication, finances, etc. What's actually being done, according to Hoffman, are "subtle ways to getting you to do what I want you to do."

A "good" victim, according to Hoffman, is a white woman, over age 75 with a middle to high income, owns her home, has cognitive impairment, recently lost her spouse through death or divorce, fears change of living situation, is socially isolated, taking multiple medications, lacks familiarity with finances, is easily influenced and is living with the abuser.

The elderly are often good targets for undue influence because they may not realize the value of their home, or other assets. And, if they're impaired, they are less likely to take action against their abuser. If the abuser is a family member, the relationship is likely lifelong and enmeshed.

One study found that a typical exploiter is a son, daughter, grandchild, spouse or other relative. Forty percent of perpetrators in financial abuse were a son or daughter, who are depending on an elderly victim for their housing or other assistance. And, families with a history of prior abuse, or hostile relationships may have a greater chance of experiencing abuse.

If you suspect financial abuse, or someone taking advantage of another by undue influence, in Solano County, call Adult Protective Services at 784-8259.

Ombudsman's Services of Solano County

SLTCO provides advocacy services for residents in long-term care facilities in Solano County, California. The services are mandated by Federal and State laws and the services are free. SLTCO provides services to more than 3,315 residents in 168 long-term care facilities in Solano County. The Ombudsman's Program is Federally funded through the local areas on aging programs.

Solano County Ombudsman. An Ombudsman is a trained and state-certified individual who investigates complaints and resolves for residents of long-term care facilities. Ombudsmen regularly visit residential care (assisted living) facilities and skilled nursing facilities for the elderly. Ombudsmen help ensure residents' rights are upheld and promote quality of care and quality of life for an isolated, vulnerable population.

(800) 644-4194

SUPPORT GROUPS cont.**Alzheimer's Support Group**

Vaca Valley Hospital
3777-B VacaValley Parkway
Vacaville, CA 95688
Meets 2nd Wednesday of each
month, 7-9 p.m.
624-7971

Alzheimer's Support Group

4th Wed. 9:30-10:30 a.m. and 6-7
p.m.
McBride Senior Center
91 Town Square Place, Vacaville
Contact: Annette Vance, 925-286-
0133

Coping With Aging

McBride Center, Vacaville
Fridays, 9:30-10:30 a.m.
Facilitators: Paula La Doux, LMFT
Patricia Dawes, MSW
469-6620

Stroke Support Group

3rd Tuesday, 10 a.m. to 11:30 a.m.
NorthBay Medical Annex, Fairfield
432-5710

VALLEJO:**Arthritis Support Group**

Thursdays, 2 p.m.
Florence Douglas Senior Center
642-1044

Brain Fitness Group

2nd and 4th Tuesdays, 1-2:30 p.m.
Charge: \$5 a month
Florence Douglas Senior Center
643-1044

Cancer Support Group

Third Wednesday, 4:00-6:00 p.m.
Sutter Solano Medical Center.
Medical Staff Meeting Room.
100 Hospital Drive
Call 554-5326 for info.

Caregivers Support Group

2nd and 4th Tuesday
10:30-12:30 p.m.
Florence Douglas Senior Center
Terry Ann Steffen, 643-1797

Caring and Sharing

Tuesdays, 9 -10:30 a.m.
Florence Douglas Senior Center
Susan Okun: 643-2067
Lois Harper: 649-9150

Pet Loss Support Group

400 New Bedford Dr.
Vallejo, CA
557-8595

Sisters Survivors of Solano County

Second Thursday 6:30-8:30 p.m.
2525 Flosden Rd., American Canyon
Call 642-6066 for info (does not
meet in April or August)

United Ostomy Association

Meeting and Support Group
Third Wednesday 7-9 p.m. Kaiser
Vallejo Medical Office Building
Conference Room A & B. Call 422-
6363 for info.

Southern Solano Breast Cancer Support Group

Last Wednesday 5-7 p.m.
Pace Building. 1330 Georgia St.
Call 552-0567 for info.

Cancer Support Community

A valuable resource for education
programs, support groups and
special activities for children, teens
and adults living with cancer.
3276 McNutt Ave. Walnut Creek.
Call 925-933-0107 for directions and
info on all their free services.

Health and Healing Circle

For people living with
chronic illness or pain.
Wednesdays, 7-8:30 p.m.
Imana Fellowship
502 Virginia St.
Vallejo
649-2260

Pacifica Senior Living in Vacaville

431 Nut Tree Rd.
Vacaville, CA
449-1350
(See ad on page 21)



Senior Voices




Through the ease of a simple phone call, **Senior Voices** brings group counseling support to the homebound elderly, age 60 and older, throughout our Solano County communities, who are unable to access counseling and support in person due to frailty, chronic illness, or lack of transportation.

Utilizing a conference call format, specially-trained Faith in Action volunteers will facilitate small group discussions, allowing seniors to make a connection via a toll-free number.

Sponsored By:




Register today for one of these new Senior Voices groups via teleconference.

♦ **Living with Chronic Pain** ♦
Meets weekly on Mondays
1:00 pm to 2:00 pm

♦ **Senior Chat** ♦
Meets weekly on Thursdays
11:00 am to 12:00 pm

To hear more about **Senior Voices** or to become a volunteer group facilitator, please call (707) 469-6675

Thanks to our generous sponsors, the cost of this service is subsidized. A donation to offset the full cost would be greatly appreciated.



Solano Mobility Call Center

(800)535-6883
www.solanomobility.org

Providing mobility options in Solano County and beyond!

- Transit Trip Planning
- Regional Transit Discount Card
- Travel Training Programs
- Taxi Scrip Program
- ADA Private Transportation
- Volunteer Driver Program
- Senior Safe Driving Information
- ADA Eligibility Program
- Commute Information
- Vanpool and Carpool Programs
- Commuter Incentives
- Commuter Emergency Ride Home
- Commuter Bike Incentives
- Transportation Maps and Schedules
- Clipper Card Sales
- Bike Maps

Solano Mobility Call Center
One Harbor Center
Suisun City, CA 94585
Weekdays 8am - 5pm

Transportation Info Depot
at the Suisun City Train Depot
177 Main St; Suisun City, CA
Weekdays 6:30am - 2pm

Contact us at:
(800)535-6883
mobility@sta.ca.gov



TELEPHONE SUPPORT GROUPS

Senior Center Without Walls

114 Montecito Ave.
Oakland, CA 94619
Free Telephone Program connection
elders through activities, friendship
and community.
877-797-7299

TELEPHONE REASSURANCE

Faith in Action

Senior Counseling and Support
To Homebound Elderly
469-6675

Benicia Senior Center

187 East L St., Benicia
745-1202
Telecare every morning calls a list
of shut ins or those who are alone to
check up on them.

Catholic Charities

125 Corporate Place, #A
Vallejo, CA 94590
649-1615

LifeLine

1425 N. McDowell Blvd, #103
Petaluma, CA 94954
707-778-7883 or 1-800-9949-2434
(See ad on page 30)

Vacaville Telecare Service

448-2273
Provides a FREE daily phone call
to seniors living alone. Cell Phone.
Free phones for emergency use.
469-6660

TRANSPORTATION

American Cancer Society

744 Empire St., Suite 206
Fairfield, CA 94533
425-5006
Rides to and from doctor's
appointments only.

Area Agency on Aging Serving Napa and Solano

575 Sacramento St.
Vallejo, CA
643-1797

Escort Service for low income
Vallejo residents only. Volunteer
drivers provide rides for errands/
appointment for up to three hours.
\$14 donation. This is for frail, elderly
people who are unable to use other
transportation services.
(See ad on page 7)

Murphy Medical Transportation

2349 N. Watney Way
Fairfield, CA 94533
707-425-0100
(See ad on page 35)

Solano Inter City Taxi

ADA Paratransit
Taxi service between cities in
Solano County. Must be certified
for paratransit. Scrip books are
purchased for \$15 and each contains
\$100 worth of scrip.
707-429-2400

Solano Mobility Call Center

800-535-6883

The Solano Mobility Call Center is
your one-stop information center for
transportation and mobility services
in Solano County.
(See ad on page 34)

BENICIA

Benicia Reduced Taxi Fare

746-4225

Benicia Yellow Cab

745-4040.
Wheelchair transportation available
throughout Solano County and Bay
Area.

Sol Trans Bus Services

Sol Trans provides a free shuttle
to the senior center for all Benicia
residents. \$2.00 each way.
648-4666

Continued on Page 36

Learn to Ride Transit

and take charge of your mobility



**Let our Travel
Trainers welcome
you on board!**

Our training service
is **FREE**

Our Transit Training program will teach you the basics of riding transit.

- Trainers will ride with you to your destination and back
- Teach you how to safely ride local and SolanoExpress
- Specialty training for people with disabilities
- Learn about mobility programs and more. . .

Schedule an appointment today!

Contact the Solano Mobility Call Center at:

(800) 535-6883 or
www.solanomobility.org



WE DELIVER PERSONALIZED CARE

24 Hours A Day, 7 Days A Week!

Call to schedule your service:

(707) 425-0100

Ambulatory, Wheelchair, Gurney, and Stair Chair Service

***10% Discount for Veterans!**

- ADA compliant wheelchairs, gurneys and stair chairs, which undergo thorough and regular safety inspections to ensure the safety of our clients, and state-of-the-art technology for schedule accuracy, punctuality, and reliability.
- Drivers & Care Attendants are trained and certified in CPR and First Aid. We assist Clients from time of pick-up to drop-off to ensure that they arrive at their destinations safely and on time.
- Providing Non-Emergency Medical Transportation to and from Doctors Offices, Hospitals, Skilled Nursing Facilities, Dialysis Centers and Rehab Centers throughout Solano, Stanislaus, San Joaquin, Napa County and Adjacent Areas.
- Drivers & Care Attendants undergo background screening, defensive driving courses, drug testing, classroom and on-the-job training.

Whenever I speak with my mother, she always tells me where her papers are....the papers that I'll need in case she ever dies. Except, when I ask her for the details, it turns out that these aren't the papers I might need if she lives, but becomes incompetent or too ill to take care of her personal matters on her own.

But, my mom believes she's prepared, and she's not. In fact, I'm worried that if something happens, we'll be scrambling in all directions. I don't think she's alone in this regard. That's why I'm writing this piece for all of us.

Here are the important documents you'll need. And be sure to tell your family where they're stored. Born To Age also recommends: The Estate Document Organizer, a notebook that contains ALL the information your family will need. These Organizers are available from creator, Julie Jones at 707- 343-1252. They can also be seen at: www.estimatedocsorganizer.com

Start collecting these documents as soon as possible, and update them every few years to reflect changes in assets and preferences.

1. An Original Will

A will allows you to dictate who inherits your assets. Dying without a will means losing control of how your assets are distributed. Instead, state law will determine what happens. Wills are subject to probate—legal proceedings that take inventory, make appraisals of property settle outstanding debt and distribute remaining assets. One way to avoid probate is with a Revocable Living Trust.

2. A Revocable Living Trust

This is a transfer of ownership of various assets to a trust. You can serve as a trustee on behalf of the beneficiaries you designate. Or, you can designate a trust executor on the event of your death.

3. Durable Financial Power of Attorney Form

This form designates who will make financial decisions on your behalf in the event that you are incapacitated.



13 Documents You Need For Effective Planning

4. Documentation of Assets

This includes housing and land ownership, cemetery plots, vehicles, stock certificates, savings bonds, any partnership or corporate operating agreements and a list of brokerage and escrow mortgage accounts.

5. Tax Returns (previous three years)

6. Banking Information

List of all bank accounts and online log-in information. List any safe deposit boxes, and register your spouse or child's name with the bank and ask them to sign the registration so they can have access without securing a court order.

7. Durable Health Care Power of Attorney Form (Advance Directive)

This allows your designee to make health care decisions on your behalf if you are incapacitated.

8. Authorization to Release Protected Health Information Form

This allows you to designate people who can be given information about your health from your doctor or hospital.

9. A Physician's Order for Life Sustaining Treatment (POLST) Form

This bright pink form is for terminally ill or people who are very old and frail and not expected to live more than a year. The POLST designates preference for on the spot medical treatment in the emergency room, or by the EMTs.

10. Life Insurance Policies

Family members need to know the name of the carrier, the policy number and the agent associated with the policy.

11. Benefits Accounts

This includes pensions, annuities, individual retirement accounts and (401) ks for your spouse or children. If your heirs don't know about these accounts, they won't be able to claim them.

12. Your marriage license, or your divorce judgement/decree.

13. Your Birth Certificate and Social Security card.

TRANSPORTATION cont.

DIXON

Dixon Readi-Ride

678-5020

Provides rides within Dixon city limits. Discounted tickets available at riding to and from the Center, can be purchased at the Dixon Senior Center.

FAIRFIELD

Volunteer Driver Program

Rides available to the Fairfield Senior Center, doctor, dentist and pharmacy., 8:30-2:00 p.m., Monday-Thursday. Cash Fare , \$1.75 one-way. Book of ten tickets, \$17.50 24-hour reservation required. 428-7556.

Fairfield and Suisun City Reduced Fare Taxi

428-3298

RIO VISTA

Delta Breeze

707-374-2878

Door-to-Door bus pick-up taxi service.

VACAVILLE

Ride With Pride Faith in Action

469-6667

Transportation for seniors 60+ to appointments and events. Must be ambulatory. Medical Appointments priority. \$5 donation. Countywide service. Call in advance, first come, first served. Volunteers needed to drive.

Vacaville City Coach

707-449-6000
citycoach.com

VALLEJO

Taxicab Scrip Program

Residents of Vallejo who are 65 years of age or older, or who have disability may purchase scrip booklets from City of Vallejo (Water Billing Department, 555 Santa Clara St.) or at the Florence Douglas Senior Center (333 Amador St.) Each booklet contains \$10 worth of scrip. Eligible user purchase scrip for \$5 per booklet. 648-4345

**Vallejo Runabout
Transportation for Persons
with Disabilities**

Provides dial-a-ride transportation to eligible disabled people of all ages in the Vallejo area. Operates Monday-Saturday, 7 a.m. - 7 p.m. Service not available on Sundays or major holidays. Fare is \$2.50 each way within Vallejo and Benicia area, and \$6 each way for trips outside Vallejo area. Call 707-649-1999 for application.

VETERAN BENEFITS

VA Medical Clinic - Martinez
925-372-2000

AM Vets

To pick up unwanted items for donations.
1-800-747-8387

Mare Island Clinic

562-8218 and 562-8200

Helping Hands Senior Resources

313 Kendal St. #A
Vacaville, CA 95688
707-451-8724
(See ad on page 27)

Veterans of Foreign Wars
252-0701

**Veteran Solano County
Service Office, Fairfield**
275 Texas St.,
Fairfield, CA 94533
784-6590

VISION SERVICES

**Books for the Blind and
Physically Handicapped**
900 N St., Sacramento
800-952-5666

**California Department of
Rehabilitation**

Fairfield:
2750 N. Texas St., Suite 210
428-2080

Vallejo:
480 Redwood St., Suite 40
448-4010

Guide Dogs for the Blind
359 Los Ranchitas Rd.
San Rafael, CA
800-295-4050

Solano Council for the Blind

3rd Thursday of each month
10 a.m. to 1 p.m.
Denny's, 1701 E. Monte Vista Ave.,
Vacaville
Diane Phelps: 446-1333

WELLNESS CHECKS

Daily wellness checks by Vacaville Police Department. For information & application call 469-4747

**Chronic Disease
Self-Management Program**

Area Agency on Aging Serving Napa and Solano
644-6612

Conquer stress, pain and fatigue while learning to talk better with doctors, nurses, family and friends. This no-cost, six-class series, developed by Stanford University, will help with developing strategies to manage chronic health conditions and improve quality of life. (See ad on page 7)

WIGS

American Cancer Society
Free wigs, by appointment
425-5006

WOUND CARE

NorthBay Center for Wound Care
1010 Nut Tree Rd., Suite 100,
Vacaville,
624-7979

5140 Business Center Dr., Suite 100
Fairfield
624-7979
(See ad on page 20)

Your Home...Nursing Services
3188 Jefferson St.
Napa, CA 94558
707-224-7780
www.yourhomenursing.com
(See ad on page 27)

YARDWORK

The Urban Farmers
Will pick your backyard fruit.
John Tusting, 510-255-1662



Veterans Benefits to Pay for Long Term Care

Most veterans and surviving spouses who are in need of assisted living or in-home care, can qualify for the "Aid and Attendance" Benefit offered by the Veteran's Administration. The benefit can pay up to \$2,120 per month to a married veteran, and a single or widowed veteran can receive up to \$1,788 per month. Unmarried surviving spouses can received up to \$1,149 a month. All of these benefits are tax free.

Under this program, money is awarded based on need and there are certain income and asset requirements. The veteran or spouse applying must show that while assistance may not be needed with everything, there is help needed with bathing, dressing/undressing, medications, transferring or other care on a daily basis. This is the type of care provided in assisted living, or by an in-home care companion. Assets cannot be excessive, as determined by the VA on a case by case basis.

What about Net Worth? Net worth means the net value of the assets of the surviving spouse and his or her children. It includes such assets as bank accounts, stocks, bonds, mutual funds, some annuities and trust funds and any property other than the surviving spouse's residence and a reasonable lot area. There is no set limit on how much net worth a surviving spouse and his or her children can have, but

net worth cannot be excessive. The decision as to whether a claimant's net worth is excessive depends on the facts of each individual case. All net worth should be reported and VA will determine if a claimant's assets are of a sufficient amount that the claimant could live off these assets for a reasonable period of time. The veteran must have served one day during a period of war and had at least 90 days of active duty.

Several VA forms must be accurately completed. These forms include: Form 21-534 EZ (survivor's pension) or Form 21-526 EZ (veteran's pension), and 21-2680 (physician's evaluation). A certified copy of the veteran's discharge form is also required.

If all necessary information is submitted initially, the claim is usually processed within one to two months, but if any information is missing, it could take six months to a year.

For more information, contact the Solano County Veteran's Administration, 675 Texas Street, Suite 4700 in Fairfield. 707-784-6590. In Vallejo: 707-553-5291. There are several businesses who will work with Solano County residents in helping them through the application maze, including: Helping Hands Senior Resources, 707-451-8724. Website information is available at: www.veteransaid.org.



Final Wishes: Index to Articles

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CREMATION AND BURIAL SERVICES

Bryan-Braker Funeral Home
(FD988)
1850 W. Texas Street
Fairfield, CA 94533
(707) 425-4697

Bryan-Braker Funeral Home
(FD2065)
615 Merchant Street
Vacaville, CA 95688
(707) 448-4900

Bryan-Braker Funeral Home
(FD1989)
131 S. First Street
Dixon, CA 95620
(707) 693-0292

Colonial Chapels
1000 Redwood St.
Vallejo, CA 94590
643-0391
Colonialchapels.net
(See ad on page 39)

Fairmont Cremation Services
(FD1548)
1901 Union Avenue
Fairfield, CA 94533
(707) 425-0208
(See ad on page 39)

Vaca Hills Chapel
524 Elmira Rd.
Vacaville, CA
446-3233
(See ad on page 38)

BEREAVEMENT / GRIEF SUPPORT GROUPS

FAIRFIELD:

Bereavement Support Group
NorthBay Hospice
4520 Business Center Dr.
Fairfield, CA 94534
646-3517

NorthBay Hospice & Bereavement
4520 Business Center Drive
Fairfield, CA 94534
(707) 646-3517
NorthBay.org

Grief Counseling for Seniors
Thursdays, 1:30-3:00
Florence Douglas Senior Center
333 Amador St., Vallejo
643-1844

VACAVILLE

GriefShare
Meets every Sunday, 3-4:30 p.m.
Sept.-June
New Hope Christian Fellowship
730 E. Main St., Vacaville
446-4051

Kaiser Grief Support
Groups are available in Vallejo and
Vacaville
Vacaville Group,
Thursdays 10:30 a.m. to noon
1 Quality Dr.
Vallejo: Wednesday, 3:00-4:30 p.m.
at the Park Place Building
707-645-2106

YOLO COUNTY

Adult and Children's Bereavement Support Groups
Adult Drop in: 1st and 3rd
Thursdays, 10:00am -11:00 am
Teen Drop in (Ages 12-18):
Thursdays, 4:00-5:00 pm
Quarterly yoga, children's and adult
groups as well. Call for dates and
times
(800) 491-7711

Stepping Stones
Children's Grief Support Program
by Yolo Hospice
1909 Galileo Court, Ste A
Davis, CA 95618
(800) 491-7711 or 530-601-5756
www.yolohospice.org
Call for group times and locations.

Yolo Hospice Adult Grief Support Groups
Drop-in or 6-8 week groups
1909 Galileo Court, Ste A
Davis, CA 95618
(800) 491-7711 or 530-601-5756
www.yolohospice.org
Call for group times and locations.

ESTATE ADMINISTRATION

Pacific Fiduciary Services
Thomas J. Kiernan, CLPF
P.O. Box 2947
Suisun City, CA 94585
426-0926
Email: toma@pacfid.com
(See ad on page 9)

HOSPICE SERVICES

Kindred Hospice
190 S. Orchard Ave,
Vacaville, CA 94523
866-929-2282
Kindredathome.com
(See ad on inside back cover)

NorthBay Hospice & Bereavement
4520 Business Center Drive
Fairfield, CA 94534
646-3595
(See ad on page 20)

Sutter Care at Home
5099 Commercial Circle, Suite 210
Concord, CA 94520
925-363-4120
Suttercareathome.org
(See ad on page 26)

VITAS Innovative Hospice
2480 Hillborn Rd., #105
Fairfield, CA 94533
www.vitas.com
800-93-VITAS
(See ad on page 5)

Yolo Hospice
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The Conversation: Have You Talked With Your Family About Your Dying?

This past year, my dad acted confused on the phone and insisted that he was fine, nothing was wrong. We suspected otherwise, and my sister flew to Arizona to check on things. Events turned serious, quickly. He was delirious and very ill. At the hospital they diagnosed pneumonia, Legionnaire's Disease and put him on Life Support because when the doctors asked him what he wanted, he told them, "to stay alive."

For ten days, he was connected to tubing and a machine breathed for him. They put giant white poofy mitts on his hands so he wouldn't pull out the tubes, and his eyes remained shut and his body, immobile. On the tenth day, the doctors made a decision to pull out the tube. They asked my sister whether or not to re-intubate him if he wasn't able to breathe on his own.

My sister called me, and my brother... asking what to do. Because, at age 87, the only thing we knew about my dad was that under no circumstances, did he ever want to die.

He is not alone. For most Americans, death is a conversation to be avoided. Death, many believe, is optional. And, when the time comes to make a decision about care at end of life, families often rely on doctors and a medical system structured to maintain life at all costs, rather than help people die in a way that is compassionate, humane and preferred. Medicine can postpone death for awhile, but at what ultimate cost to us all?

Life expectancy now is about 80 years. Most death is caused by degenerative disease, such as cancer, heart disease, Alzheimer's, diabetes, etc.

Nearly 70 percent of all Americans die in a hospital, skilled nursing or long term care facility. Almost one-third see ten or more doctors in the last six months of life. And, one in four Medicare dollars is spent on people who are in the last year of life.

What choices do we have in dying in a way that we hope for, prefer and request?

It's important to know the choices, and imperative to talk about them. Making choices in a crisis, at the last minute, or during a highly emotional moment is not the time. When my sister was asked to make a decision of whether or not to implement a Do Not Resuscitate (DNR) order, she inactively froze. She suffered the anguish of indecision, as she struggled with not knowing which way to go. But, all of us agreed that

dad had lived a good life and if the tube was pulled out and he didn't make it, that would be the end of it.

So, the tube was pulled. He lived. Now, almost a year later, he's almost back to his old self. But, not quite. The brush with death made all of us aware how much we don't know about what he wants...even now, he still won't complete an Advance Directive and refuses to talk about when to let him go.

He wants to hang on to every moment of life he can. And, don't we all? But, for those of us he'll be leaving behind, it would be helpful if we knew and understood how far he'd want to go in being kept alive, like he says..."no matter what."



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It's only been a few short months since the End of Life Option Act became law in California and many doctors just aren't sure whether they'll be participating or how the law will affect their patients and practice.

That's one of the reasons why Berkeley-based Lonny Shavelson, MD, has stepped in to help. A former emergency room doctor for several major health systems, he's consulting and speaking on the topic throughout the Bay Area in an effort to help with decisions and process of care.

For one, not everyone asking for the end of life option qualifies. In the first six weeks that the law came into effect, Shavelson received over 90 phone calls, and of those, only six people qualified. There is very specific criteria to qualify, including prognosis, ability and mental health function.

"What happens to those who don't qualify? I tell them to go into hospice. The majority of people calling just need better health care," Shavelson told a group of eldercare professionals at a recent meeting in Oakland. "This law helps everybody who says they want to take the medication because it opens the conversation. For every 30 patients who come to me, only one will take the medication, and the other 29 will get better care."

PHYSICIAN OPENS PRACTICE FOR PLANNING END OF LIFE OPTIONS

Shavelson believes the law will actually improve end of life care because more people will go to hospice and palliative care services. Even though he finds that many hospices in the Bay Area are not participating (yet), he points out that in Oregon, where the law has been in effect for many years, over 90 percent of people taking the medication are on hospice.

"The main issue is that people are going into hospice too late. Most often it's just a week before death, and before you can take this medication, you have to wait two weeks, he said, pointing out that a person who is 2-3 days from death and doing fine, or already dying, "you won't need this medicine."

In the five states where the law is currently in effect, hospice utilization has increased. And, while some hospices may not actively participate, "we are asking that hospices not abandon patients who take this on." He suggest that in choosing a hospice, ask where they stand or how they will/won't help, if considering this option.

Aid in dying, while a new law, isn't a new concept.

"People have been doing this for a long time. But, in secret. Lots and lots of this was happening, but nobody was reporting it because it was illegal and happened in secret," he said.

The current law has 27 pages of content. And, one thing he repeats often is that the law is voluntary, and anyone participating is a volunteer.

Currently, the Veteran's Administration Health System does not participate so, anyone who currently has a VA doctor would have to find another physician

and pay out of pocket. Any doctor can opt out or refuse to provide information. Several pharmacies refuse to fill the prescription and even pharmaceutical wholesalers can refuse to deliver the medications to the pharmacy.

Right now, he's only able to get the medication from a compounding pharmacy in Pacifica, who Fed Ex it overnight to the person's home.

The medication is not covered by Medicare. It is, however, by Medi-Cal and some private insurances. There is also quite a bit of paperwork. The entire process, from request to receiving the medication in hand, could take as little as 15 days. There is an oral request, then a written request (form 55 from the California Department of Public Health). The written request needs two witnesses, only one can be a family member. The written request must also establish that you're mentally competent at the time of request. The doctor must also speak the person alone, to ask about coercion or whether anybody gains financially from the death. At 48-hours before taking the medications, there is a final attestation that must be signed saying that the medication will be taken within 48-hours. The doctor also must get a signed permission to send the prescription to the pharmacist.

Doctors are also required to tell the person that they should be participating in a hospice program, the next of kin needs to be notified and another person should be present when the medications are ingested.

Shavelson will work with any doctor or patient requesting his services. All the forms are on his website, bayareaendoflifeoptions.com.

There are only two pieces of paper that you need to prepare for planning your wishes for end of life care.

1. Advance Directive. This is for EVERYONE over the age of 18. With the Advance Directive, you appoint an agent to speak on your behalf if you are unable to do so on your own. You do not need an attorney to complete this form. It is very simple, available at your doctor's office, local hospitals and online. You need two witnesses, or a notary to witness your signature. Very simple to complete. Copies of the Advance Directive should be given to the agents, the hospital, and your physician.

2. Physician's Order for Life Sustaining Treatment (POLST). This form is primarily for those whose death would not come as a surprise in a year or two. This is a BRIGHT PINK form, it is a legal order, and it must be signed by both the person AND, a doctor. Copies can be made and distributed, they are all legal. However, the POLST must be dated and signed. Many doctors will not sign the form without a conversation regarding the terms of the form. Once the POLST is complete, it should be placed somewhere visible in the home (on a refrigerator, wall by the bed, etc.). The reason for the POLST is it advises an immediate action. When the ambulance arrives, the POLST instructs on whether or not to resuscitate, for example. It gives guidance on immediate treatment until the person can respond, or an agent can be located. POLST forms are available at your doctor's office

HOW THE END OF LIFE OPTION ACT IS SHAPING UP FOR SOLANO COUNTY

In Solano County, Sutter Health, North Bay and Kaiser Permanente are all on board in assisting people with decisions, education and finding the resources, doctors, and medication to exercise the End of Life Option in terminal care.

In July, some health care systems are still massaging their policies, but essentially, all three hospitals in Solano County are agreeing to participate in the work.

The leading source of information on the law is the Compassion & Choices, where Stefanie Elkins, the northern California Medical Outreach Manager stresses that one of their goals is for people who would consider this Option, to talk to their primary care doctor early in the process.

However, many primary care doctors might refuse to prescribe or consult, so the health systems are now identifying those who will participate. In other words, in might not be your doctor who prescribes or works with you, but they will find someone who will.

"We haven't canvassed the doctors yet, but I know that a lot of doctors probably won't want to do it," according to Terrill VanAnken, MD, a Palliative Care Specialist with NorthBay Medical Center. Right now, he could identify three doctors, himself, an oncologist and a pain specialist, who would prescribe the medications, if it was appropriate. One of the barriers, he believes, might be all the paperwork.

At Kaiser, the policy is to have the patient wishing to exercise the Option call the main hospital, and ask to be connected to a patient coordinator at the advice call center "That's how it starts, it is voluntary, up to the patient," explained Pam Turney, Director of Kaiser Hospice in Solano County. "They will then

be referred to the doctors who will work with them. There is also a dedicated pharmacist who will fill the prescriptions."

"Even if your own doctor won't prescribe, Kaiser will have a doctor who will prescribe."

The cost of the medication, is out-of-pocket and runs about \$1,500 at Kaiser. However, it costs about \$3,000 at other pharmacies and many private insurances may cover the cost. The State of California, under its Medi-Cal program, will cover the cost.

Sutter will also help patients find a prescribing physician, pharmacist and participating caregivers.

"We expect that some of our physicians, pharmacists and caregivers will participate, however it is also reasonable to expect that some of them will choose not to participate," wrote Stephen Lockhart M.D., Sutter's chief medical officer in an email response.

In Oregon, where the Act has been in effect for many years, about 91% of people who take the medication are under hospice care. However, no hospice in Solano County is actively involved in participating in helping people with anything more than providing education and resource referral. At this writing, hospice medical doctors will not be prescribing the medication.

However, one hospice, Hospice of the East Bay, will have their medical director be a consulting physician, if necessary, according to Susan Crandall, Vice President of Hospice of the East Bay. The Option requires both a prescribing and consulting physician.

Yolo Hospice, according to director Craig Dresang, will "honor people's wishes." While their medical director

will not prescribe or consult, their staff will have the voluntary option of staying in the room if that is what the patient wishes when the medication is taken.

Vitas has a similar policy, as does Sutter Hospice. Kaiser Hospice, too, stresses the voluntary aspect, and staff will also be present, if people don't want to do it alone.

"This is voluntary for all involved," said Turney, "We will be there, on a case-by-case basis."

Kindred Hospice, according to a written statement, said, "Hospice staff will provide care as normal and when the moment comes when a patient wants to self-administer medication, hospice staff will step out of the room, if present."

"What all acknowledge, is that the medication will have to be taken in a private residential setting. Local nursing homes, assisted livings and board and care homes have not been surveyed and many haven't even considered the implications of such a policy," according to Elkins.

"This (taking the medication) is intended for home, in a private setting," said VanAnken. Since this Act is so new and just being implemented, only a handful people in Solano County have come forward requesting the medication."

"But asking for help to die at the end of life is not new. Some people suffering, in pain and waiting for time to pass for the inevitable have asked for help in dying throughout history."

"Sometimes I'd hear, 'just give me a shot doc...a big shot of morphine,'" said VanAnken.

Now there is an option.

WITHOLDING FOOD AND WATER: ANOTHER WAY TO DIE

Sometimes people who are terminally ill simply stop eating and drinking. It is a legal way to die, and the person is in control. Doctors say that going without food and water is the last weeks of life is not traumatic, and that the body is equipped to adjust to this condition. The process of dying is usually gradual. The person will probably die from dehydration, rather than starvation...if they don't succumb to their underlying illness first. Without fluids, the body cannot

maintain a balance of potassium, sodium, calcium and other electrolytes in the bloodstream and cells. The kidneys react to the fluid shortage by conserving as many bodily liquids as possible. The brain begins to deteriorate, so does the heart and muscles so the person begins to feel lethargic. People weakened by disease usually begin to feel the effects in a few days. They eventually go into a coma, and then death. The entire process can take a week or two.

Consumer Protection Price Survey on Death Arrangements - Solano County

	Direct Cremation	Crematory Fee	Containers	3-Day Storage	Deposition Permit \$12 Death Cert. \$23	Total Cost of Direct Cremation	Immediate Burial	Lowest Listed Casket	3-Day Storage	Deposition Permit \$12 Death Cert. \$23	Total Cost of Direct Burial
Oakmont Funeral & Cremation Services at Vacaville	\$995	Included	Included	Included	\$35	\$1030	\$3345	Included	Included	\$35	\$3380
Milton Carpenter Funeral Home Dixon	\$985	Included	Included	Included	\$35	\$1020	\$1825	Included	Included	\$35	\$1860
McCune Garden aChapel Vacaville	\$985	Included	Included	Included	\$35	\$1020	\$1825	Included	Included	\$35	\$1860
Fairfield Funeral Home Fairfield	\$1625	Included	Included	Included	\$35	\$1660	\$1775	Included	Included	\$35	\$1810
Twin Chapel Mortuary Vallejo	\$1495	\$95	Included	Included	\$35	\$1625	\$1495	\$795	Included	\$35	\$2325
Passalacqua Funeral Chapel Benicia	\$1495	\$95	Included	Included	\$35	\$1625	\$1495	\$795	Included	\$35	\$2325
Bryan Braker Funeral Home Fairfield	\$1845	Included	Included	Included	\$35	\$1895	\$2885	Included	Included	\$35	\$2920
Skyview Memorial Vallejo	\$1785	Included	Included	Included	\$35	\$1820	\$1900	Included	Included	\$35	\$1935
Wiggins Knipp Vallejo	\$1785	Included	Included	Included	\$35	\$1820	\$1900	Included	Included	\$35	\$1935
Fairmont Cremation Services Fairfield	\$725	Included	Included	Included	Included	\$725	\$1195	\$1790	Included	\$35	\$3020
Colonial Chapels Vallejo	\$1685	\$260	Included	Included	\$35	\$1975	\$1555	\$405	Included	\$35	\$1995
Vaca Hills Chapel Vacaville	\$795	Included	Included	Included	Included	\$795	\$2350	Included	Included	Included	\$2350
Neptune Society Fairfield	\$2032.84 (Pre-Planning)	Included	Included	Included	Included	\$2032.84	Not Available				
C.E. Stewart Chapel Rio Vista	\$1500	Included	Included	Included	\$23	\$1523	\$1560	\$700	Included	\$23	\$2283

In updating this survey for 2017, Born to Age only compared the prices for either a direct cremation or immediate/direct burial. Each of the mortuaries have extensive price lists of all their package deals, and must disclose the charges for everything involved in planning a funeral. Anyone can request a price list at anytime. Local mortuaries charge a range of prices for the similar services.

Compare prices. Prices can change and cannot be guaranteed from this chart.

Before you start looking around, decide exactly what you'd like in terms of final arrangements. Not everyone wants a direct cremation or burial. But, know that the mortuaries do have price lists for everything, from caskets, to mementos, and even jewelry.

What Direct Cremation usually includes;

1. An alternative container (usually a cardboard container)
2. Removal of the body within the mortuary service area and transportation to the crematorium. (usually within 7-35 miles).
3. A 3-day storage fee.
4. Obtaining required permits.
5. Cost of using a crematory.

What Direct Burial usually includes

1. Obtaining necessary permits.
2. Removal of the body within the mortuary's local service area (usually within 7-35 miles from a facility) and transportation to a local cemetery.
3. A 3-day storage fee

In Solano County, some mortuaries don't include the cost of the lowest priced casket in their direct burial packages. That is a separate charge, ranging from \$345 to \$1,795 (see chart). You can also purchase caskets from other retailers.



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