



Born Age



A DIRECTORY FOR OLDER ADULTS



SOLANO COUNTY
2018



16th Anniversary
Edition!



Write the End of Your Story



**Palliative Care
is redefining treatment
and comfort for
life-limiting diagnoses**

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 180 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



Planning

Activities7
 Advance Directive.....8
 Affordable Housing.....8
 Attorney.....9
 Care Planning.....9
 Conservatorships, Estate Administration,
 Fiduciary and Trust Services9
 Counseling Services.....9
 Consumer Advocacy9
 Dental Exams9
 Driving Courses.....9
 Driving Concerns & Reporting.....10
 Education.....10
 Fall Prevention.....10
 Financial Assistance.....10
 Food Assistance10
 Health Assessments.....11
 Health Insurance11
 Health Insurance Counseling11
 HICAP.....11
 Hearing Tests.....11
 Home Repair/Remodeling13
 Housing Rental Assistance.....13
 Independent Living.....13
 Information and Assistance13
 Legal Services.....13
 Long Term Care Insurance Counseling14
 Massage Services.....14
 Notary Services.....14
 Physical Therapy at Home.....14
 Reverse Mortgage.....14
 Senior Government14
 Women’s Health14

Quality of Life

Adult Day Care20
 Adult Protective Services.....20
 Alzheimer’s Adult Day Care.....20
 Alzheimer’s Information, Referral & Education ..20
 Alzheimer’s Assisted Living21
 Alzheimer’s ID Program21
 Assisted Living.....21
 Assisted Living Complaints.....21
 Cancer Care22
 Caregivers for Hire.....22
 Elder Abuse Advocacy.....23
 Emergency Response Systems23
 Exercise & Fitness Programs23
 Family Caregiver Support.....23
 Friendly Visitors30
 Geriatric Physician.....30
 Home Delivered Meals30
 Home Health Care Services.....30
 Massage Services30
 Medical Alarms.....30
 Medical Equipment.....30
 Medication Dispensing Service31
 Memory Care (See Alzheimer’s)31
 Moving Services/Downsizing/Estate Dispersal..31
 Nursing Homes/Rehabilitation Services31
 Nursing Home Complaints.....31
 Placement Services.....31
 Respite Care Out of Home31
 Support Groups.....31
 Telephone Support Groups32
 Telephone Reassurance.....32
 Transportation.....33
 Veteran’s Benefits.....35
 Vision Services.....36
 Wellness Checks36
 Wigs.....36
 Wound Care37
 Yardwork.....37

Final Wishes

Cremation and Burial Services.....38
 Bereavement//Grief Support Groups.....38
 Estate Administration38
 Hospice Services.....38
 Organ Donations38

On the Cover

(From Left to Right, Top to Bottom)

Row 1:

Reyan Barrios, ResCare Home Care
 Amy Antunano, Solano Mobility

Row 2:

Nicole Howell, Solano County Ombudsman
 Frank Nelson, HICAP

Row 3:

Elizabeth Sanchez, Solano Mobility
 Jason Wu, ApexCare

Row 4:

Laurie Short, Colonial Chapels
 Camie Bianchi, Your Home...Nursing Services
 Sierra Washington, Pacifica Vacaville Memory Care
 Brenda Tormis, Murphy Medical Transportation

Row 5:

Katheryn Tuberty, Always Best Care
 Christine Huff, Colonial Chapels
 Peter Wilson, Florence Douglas Senior Center
 Joe Miksits, Colonial Chapels

Row 6:

Ed Rowe, North Bay Home Health & Hospice
 Terry Ann Steffen, Area Agency on Aging
 Leanne Martinsen, Area Agency on Aging
 Louise Joyce, Yolo Hospice
 Michelle Kahler, Healthy Living at Home
 Bob Carlisle, Meals on Wheels of Solano County

Row 7:

Melanie Richardson, Helping Hands
 Kelsey Moran, Helping Hands
 Candy Smith, Home Instead Senior Care
 Patrick Jolly, Veteran’s Affairs
 Laurie Hartmann, Meals on Wheels
 Rebecca Smith, Always Best Home Care
 Stephanie Casper, Stephanie Casper Insurance Svcs
 Joey Palma, Abba In-Home Care 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
 Tom Kiernan, Pacific Fiduciary Services

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@gmail.com

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 Design & Layout: Barbara Schwartz

Can't Sleep? Welcome to the Club!



Mike Mason, M.D., Kaiser
and Kal Edwards, Retirement Renewal Forums

Getting older has lots of benefits, but not being able to sleep isn't one of them. Most adults need seven to nine hours of sleep a night. Or, enough sleep to function in the daytime. Without sleep, people suffer.

Sleep problems are common in about half of older adults. Without enough sleep, people function less, feel more anxiety, depression and just don't do as well on a day-to-day basis.

What's the solution?

Doctors do NOT recommend alcohol, Elavil, benadryl or any of the P.M. (such as Tylenol P.M.) medications available over the counter. In fact, these drugs are often detrimental to brain function, with some studies showing an increase in memory loss and confusion for people using them on a regular basis.

Alcohol can cause drowsiness, but then later in the night, people often wake up and don't get a restful sleep. Even the top drug prescribed for insomnia, Ambien, shouldn't be used

by anyone over age 65, according to Mike Mason, M.D., a Geriatrics and Family Medicine Specialist at Kaiser Permanente in Vallejo.

With Ambien, Mason sees older adults having a higher likelihood of "sleep walking or sleep eating, and memory and thinking can be affected." So, with the magic of the sleeping pill becoming less a possibility of an instant cure as one ages, how is it possible to get more sleep?

Mason suggests that there is one over the counter supplement, Melatonin, that seems to be helpful with sleep. He suggests that higher doses, up to 10 mg., taken routinely at the same time every night, about an hour prior to bedtime, could work. Melatonin is naturally produced in the body, effective and safe. No prescription is needed.

He also recommends not watching television or the computer for at least an hour before bedtime, since the blue light interferes with the body's natural production of melatonin.

The answers to a sleepless night might be in a combination of factors:

- ❖ No coffee after noon.
- ❖ No watching TV or computer before bedtime (blue light).
- ❖ Get enough exercise during the day.
- ❖ Create a bedtime routine.
- ❖ Take 10 mg. of Melatonin at the same time nightly (about an hour before going to bed).

TRY THIS.... ARE YOU GETTING ENOUGH SLEEP?

THE EPWORTH SLEEPINESS SCALE (ESS)

How likely are you to doze off, or fall asleep in the following situations? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

0 = Would never doze 1 = Slight chance of dozing

2 = Moderate chance of dozing 3 = High chance of dozing

SCORE	SITUATION
_____	Sitting and reading
_____	Watching television
_____	Sitting inactive in a public place (theater or meeting)
_____	As a passenger in a car for an hour without a break
_____	Lying down to rest In the afternoon
_____	Sitting and talking to someone
_____	Sitting quietly after lunch
_____	Without alcohol
_____	In a car, while stopped for a few minutes in traffic
_____	Total score

Score results:

- 1 - 6 Congratulations, you are getting enough sleep!
- 7 - 8 Your score is average
- 9 and up Very sleepy, should seek medical advice.



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 16th 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 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 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



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 Senior Center, One Main Street, Rio Vista
3. Medical Building, 1761 Park Plaza, Vallejo
4. Senior Manor, 1101 Union Ave, Fairfield
5. Kyles Temple Church, 912 Florida St, Vallejo
6. Mercury Pharmacy, 480 Redwood St, Suite 33, Vallejo
7. Sutter Solano Cancer Center, 100 Hospital Dr, Vallejo
8. Benicia Community Senior Center, 187 East L Street, Benicia
9. Vallejo Community Senior Center, 333 Amador Way, Vallejo
10. Suisun Community Senior Center, 318 Merganser Dr, Suisun City
11. Dixon Community Senior Center, 201 South 5 St, Dixon
12. Vacaville Community Senior Center, 91 Town Square Place, Vacaville
13. Meals on Wheels Office, 95 Marina Center, Suisun City
14. North Bay Surgery Center, 1007 Nut Tree Rd, Vacaville
15. Parkway Plaza Apartments, 188 E. Alaska, Fairfield
16. Dr. Amacher & Dr. Dumont Office, 313 Kendall St, Suite B, Vacaville
17. Kaiser Health Education Department (wall kiosk), 975 Sereno, Vallejo
18. Walgreens Pharmacy, 2010 Alamo Dr, Vacaville
19. Kaiser Medical Offices, 1 Quality Dr, Bldg A Lobby Area, Vacaville
20. Jackson Medical Store, 480 Redwood St, Vallejo
21. Rio Vista Senior Center, Main St, Rio Vista
22. CVS Pharmacy, 625 Elmira Rd, Vacaville
23. Solano County OOAS, 275 Beck Ave., Fairfield
24. Solano County, District Attorney, Elder Abuse Unit
25. Vacaville Autumn Leaves, 2470 Nut Tree Road, Vacaville
26. David Gillam, MD, 1620 Pennsylvania Street, Fairfield
27. Solano County Health & Human Services, Vallejo
28. Mercury Pharmacy, 480 Chadbourne Road, #10, Fairfield
29. Elder Abuse Unit, Fairfield D.A.'s office, 604 Empire St., Fairfield

Call

707-226-7127

To place a complete
Born  Age Senior
Information Kiosk in
your lobby, entrance, or
business today.

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

Planning: Index to Articles

Solano Ombudsman Advocates for People

Living in Retirement Homes	12
Raging Through the Ages.....	15
Carquinez Village Opens in Benecia	15
Gay & Grey in Solano County	16
LGBTQ Connection	17
The Love of Pets Connects Conversations	18
Hearing Loss . . . A Sign of the Times.....	19

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: 707.644.6612 (See ad on page 7)

Ballroom Dancing

Every Monday, 6-10 p.m.
Dinner at 6 p.m. \$12
Dance at 7 p.m. \$12
Both for \$20
Vallejo Moose Lodge
337 Nebraska St., Vallejo
707.642.4444

Barbershop Choral

4-part Harmony
Rehearsals Monday, 7:00 p.m.
Community Presbyterian Church
450 Hemlock St., Vacaville
707.724.8575

Benicia Senior Center

187 East L St., Benicia
707.745.1202

Membership is \$10 a year. Hours, Monday, Tuesday, Thursday and Friday, 9 a.m.- 3 p.m.

All Senior Fitness classes are held at:

Benicia Community Center
370 East L St.
707.746.4285

Senior Trips and Tours, upcoming tour information: 707.745.1202

Brain Fitness Class

2nd Tuesday, 1-2:30 p.m.
Florence Douglas Senior Center
707.643.1044

Carquinez Village

A membership organization for active seniors Social Networking, Education, Aging at Home, Concierge Services, Transportation
P.O. Box 207
Benicia, CA 94510
Carquinezvillage.com
707.297.2472

Coin Club

1st Wednesday, 6:30-8:30 p.m.
Florence Douglas Senior Center
333 Amador St., Vallejo

Dixon Senior Center

Monday-Friday, 9 a.m.- 2:30 p.m.
201 South Fifth St., Dixon
707.678.7022

Fairfield Senior Center

Monday-Friday, 9 a.m. - 3 p.m.
1200 Civic Center Dr. (street)
1000 Webster St. (mailing)
Fairfield, CA 94533
www.fairfield.ca.gov
707.428.7421 (front desk)
707.429.5687 (fax)
For active, older adults age 50+

Florence Douglas Senior Center

333 Amador St., Vallejo
707.643.1044

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.
www.mareislandhpf.org
707.280.5742

McBride Senior Center

91 Town Square Place, Vacaville
707.469.6660

National Association of Active and Retired Federal Employees (NARFE)

P.O. Box 4629
Vallejo, CA 94590
Meets 2nd Tues., 1:30 p.m.
Florence Douglas Senior Center
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
707.421.7203

Senior Coalition of Solano County

Serves as an advisory body for the Solano County Board of Supervisors
First Friday, Noon - 2 p.m.
Government Center
675 Texas St.
Fairfield, CA

(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.**Senior Roundtable Vacaville**

Meets 3rd Thursday, 12:30 p.m.
Assembly Rooms 1 & 2
McBride Senior Center
91 Town Square Place, Vacaville
707.469.6660

**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: 707.685.5394

Branch #99, Vacaville

2nd Thurs, Lunch 11 a.m.-12:30 p.m.
Elks Lodge, Vacaville
Joe Garcia: 707.446.9243

Take Off Pounds Sensibly (TOPS)

TOPS offers support, friendship, incentive/recognition programs, and a low membership fee.
Chapter meetings:
Tuesday at 12:15 p.m.
Area Captain:
Eileen "Mickey" Drake: 707.253.8363

Dixon Family Services
155 N 2nd St.

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.

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

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

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

Vallejo Regional Education Center
436 Del Sur St., Vallejo
Offers fitness classes.
Register: 707.648.4600

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 and 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.

**Ombudsman Services of
Northern California**

Solano County:
707.644.4194 or 800.644.4194

AFFORDABLE HOUSING**Low Cost Housing**

Benicia 707.745.2071
Fairfield 707.428.7392
Suisun 707.421.7330
Vacaville 707.449.5675
Vallejo 707.648.4508

Ascension Arms Apartments

01 Burle St., Vallejo
707.644.2666

Autumn Leaves

2470 Nut Tree Rd.
Vacaville, CA 95687
(Will accept Section 8)
707.446.5548
(See ad on page 8)

Bay View Vista Senior Apartments

445 Redwood St., Vallejo, CA
707.649.2656

**Casa De Suisun Senior
Apartments**

322 Merganser Dr.
Suisun City, CA 94585
707.426.0481

Dover Woods Senior Apartments

2801 Dover Rd., Fairfield, CA
707.429.8966

Fairfield Senior Manor

1101 Union Ave, Fairfield
707.422.2944

Hillside

131 Gable Ave.
Vacaville, CA 95688
707.455.8500

Marina Towers

601 Sacramento St.
Vallejo, CA
707.552.4422

Olympic Cottages

1797 Olympic Dr.
Davis, CA
916.756.5980

Parkside Plaza

1650 Park Lane, Fairfield
707.429.4470

Parkway Plaza

188 East Alaska Ave.
Fairfield, CA
707.429.3511

Rockwell Manor

693 E. Tabor
Fairfield, CA
707.426.4034

The Oaks

2001 Eastwood Dr.
Vacaville, CA 95687
707.451.4567

Saratoga Senior Apartments

1101 Burton Dr.
Vacaville, CA
707.451.7400

**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



Vaca Valley Manor

761 Seville St.
Vacaville, CA
707.448.1488

Vacaville Senior Manor

190 Lawrence Dr.
Vacaville, CA 95687
707.317.6407

Woodcreek Senior Commons

1625 Woodcreek Dr.
Fairfield, CA
707.425.1962

ATTORNEY

Gaw Van Male, LLP

1000 Main St., Suite 300
Napa, CA 94558
Gawvanmale.com
707.252.9000

Law Office of Yvonne F. Thrasher

78 Cernon St., Suite A
Vacaville, CA 95688
Thrasherlawoffice.com
707.447.1200
(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.
707.643.1797
(See ad on page 7)

AAA Multipurpose Senior Services Program (MSSP)

Comprehensive case management for eligible seniors.
707.643.5170

Born To Age

Yvonne Baginski
www.borntoage.com
707.226.7127
(See ad on page 15)

CONSERVATORSHIPS, ESTATE ADMINISTRATION, FIDUCIARY and TRUST SERVICES

Jim Nord

Trust and Probate Administration
nord@napatrust.com
707.255.5429
(See ad on page 19)

Pacific Fiduciary Services

Thomas J. Kiernan, CLPF
P.O. Box 2947
Suisun City, CA 94585
Email: toma@pacfid.com
707.426.0926
(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
Thrasherlawoffice.com
707.447.1200
(See ad on page 9)

COUNSELING SERVICES

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

Area Agency on Aging Serving Napa and Solano

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.
707.644.6612
(See ad on page 7)

Faith In Action

Peer Counseling, Group Counseling, In-Home Counseling
707.469.6675

Vallejo:

Grief Counseling for Seniors
Thursdays at 1:30-3:00 p.m.
Florence Douglas Senior Center
333 Amador St., Vallejo
707.643.1844

CONSUMER ADVOCACY

Area Agency on Aging

707.643.1797 or 1.800.510.2020
(See ad on page 7)

Better Business Bureau

24-hour hotline: 510.238.1000

Born To Age

www.borntoage.com
707.226.7127
(See ad on page 15)

California Advocates for Nursing Home Reform

Consumer information and quality of care info on nursing homes.
800.474.1116

DENTAL EXAMS

Florence Douglas Senior Center

2nd and 4th Tuesday, 9:30 a.m.- noon
333 Amador, Vallejo
Free Dental exam

DRIVING COURSES

(See ACTIVITIES)

55 / Alive Driving Course (AARP)

Call individual senior centers for offered dates & times.

(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
yvonne@thrasherlawoffice.com



- Estate Planning
- Probate
- Trust Administration

Website: ThrasherLawOffice.com

DRIVING CONCERNS AND REPORTING**Senior Driver Ombudsman**

Rosemary Robles
7677 Oakport St., Suite 220
Oakland, CA 94621
510.563.8998

EDUCATION**AARP (State Office)**

1415 L St., Suite 960
Sacramento, CA 95814
www.aarp.org
916.446.2223

**Area Agency on Aging
Serving Napa and Solano**

707.643.1797

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
707.449.1350
(See ad on page 23)

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

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.

707.644.6612
(See ad on page 7)

FALL PREVENTION**Stop Falls****Fall Prevention**

Area Agency on Aging
Serving Napa and Solano

Provides education, promotes
physical activity and conducts fall risk
assessments/modifications in private
homes, without charge. Also refers to
affordable home modification.

707.643.1797
(See ad on page 7)

FINANCIAL ASSISTANCE**Water Bills:**

Benicia 60+ 707.746.4225
Fairfield 62+ 707.428.7346
Vacaville 65+ 707.449.5128
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

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
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1.800.870.FOOD

Accepts donations.
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2339 Courage Dr., Fairfield
Saturdays by appointment.

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Low Income Seniors can receive free
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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:

mzentner@foodbankcc.org
Meg: 707.421.9777, Ext. 205

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 at 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.



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Florence Douglas Senior Center
333 Amador St., Vallejo
707.643.1044

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Podiatrist: 3rd Tuesdays, 12:30-1 p.m.

Dental Exams: Every Tuesday, 9:30 a.m.-noon and 2:40-3:20 p.m.

HEALTH INSURANCE

Stephanie Casper Insurance Services
Casperinsure.com
707.334.6768
(See ad on page 10)

HEALTH INSURANCE COUNSELING

Benicia Senior Center
187 East L St., Benicia
707.745.1202 or 707.745.1100

Free assistance with health insurance Medicare supplements, claims and billing problems. By appt.: 9 a.m.-noon
1.800.434.0222

Fairfield Senior 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, 1-3 p.m. By appointment only. 1.800.434.0222

Florence Douglas Senior Center
333 Amador St., Vallejo

Free assistance with Medicare supplements, long term care insurance, etc. 1.800.434.0222

McBride Senior Center
91 Town Square Place, Vacaville
By appointment: 1.800.434.0222

Free assistance with Medicare / Medi-Cal, health insurance, Medicare supplements, claims or billing problems.

HEALTH INSURANCE - COUNSELING AND ADVOCACY PROGRAM (HICAP)

Information and assistance with Medicare billing, supplemental insurance, long term care insurance and HMOs. Free service. Call: 1.800.434.0222

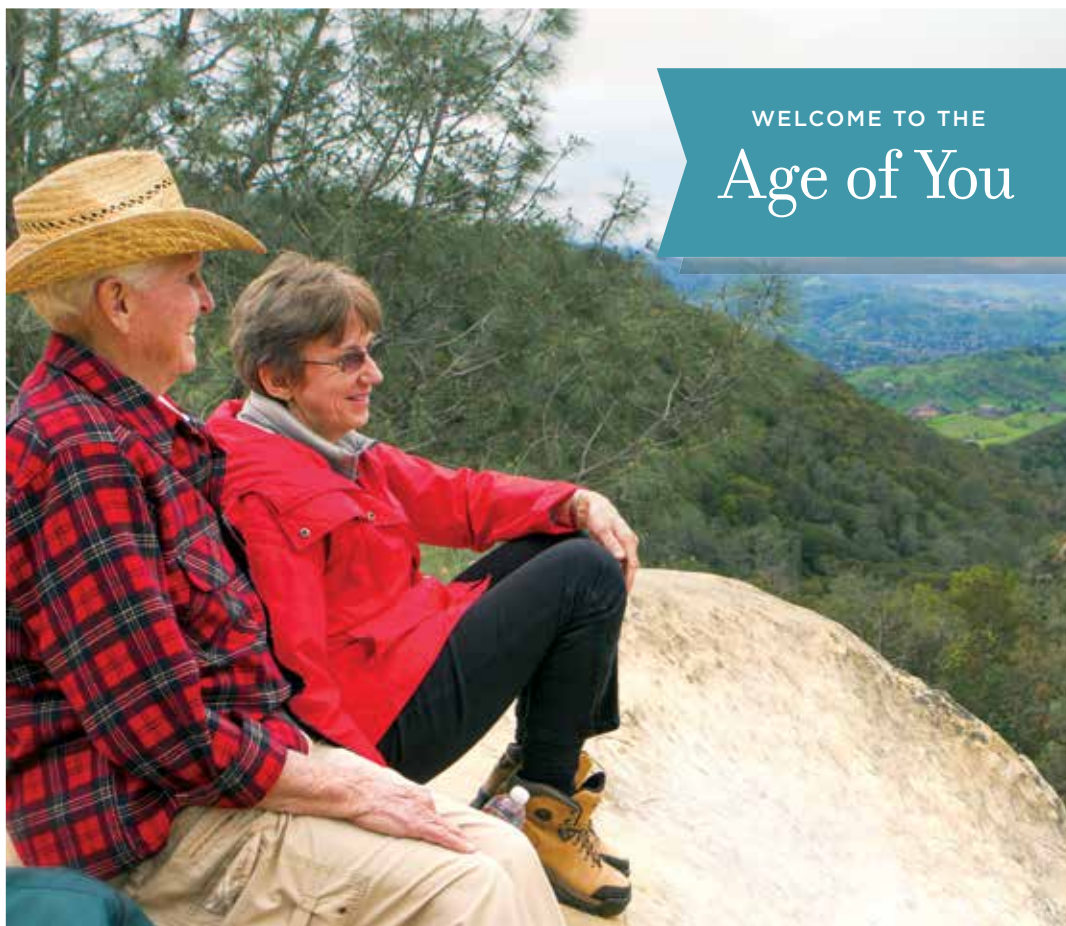
HEARING TESTS

Advanced Instruments Hearing Aid Services
1534 Tennessee St. Vallejo, CA 94590
Twogodears.com
Serving Vallejo, Benicia and American Canyon
707.554.6660

Benicia Senior Center
187 East L St., Benicia
707.745.1202

First Wednesday of each month, 10 a.m.- noon

(continued on page 13)



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PARADISE VALLEY
ESTATES

Solano Ombudsman Advocates for People Living in Retirement Homes



Nicole Howell

By Yvonne Baginski

Just ten years ago, nursing homes were places where elderly, very ill and/or disabled people went to be cared for when unable to afford care at home or anyplace else. Often, these people qualified for Medi-Cal and the State of California paid for their long term care.

While this is still true for some, it is no longer the case for many. The type of long term care that was once prevalent in nursing homes, has shifted to assisted living facilities and board and care homes (both types of housing are licensed by the State of California as Residential care Facilities for the Elderly (RCFE)).

Solano County, for example, has nine nursing homes and 141 RCFE's. RCFE's provide non-medical long term care. And, since this care is non-medical, it is not paid for by any health insurance, Medicare or Medi-Cal. Instead, anyone moving into a RCFE needs to pay with either their own money, a long term care insurance policy, or if eligible, VA benefits.

RCFE's charge between \$3,000 - \$7,000 for a room, which includes meal, housekeeping, care and some activities. Sometimes, a room can be shared in a board and care home, which reduces the costs to about \$1,500 a month.

This shift in the long term care industry has put families in a tight spot, according to the new Solano County Ombudsman Director, Nicole Howell. The Solano program recently merged with the Contra Costa Ombudsman program to oversee and advocate for the estimated 3,000 Solano County residents living in long term care facilities.

Volunteer Ombudsmen visit and make sure that people are receiving services, being cared for, have needs met and regulations are followed. Initial complaints about service or care can be made directly to the Ombudsman office which then investigates and manages the complaint. Currently, the Ombudsman office is actively recruiting for at least a dozen volunteers to work with local residents in nursing homes and RCFE's.

One of the trends that Howell is concerned about is that the numbers of people who are aged, frail, and need a place to live safely continues to increase, very few options are available. For example, low-income people, on Medi-Cal, might not be able to find a bed available in a nursing home

Howell points out that many nursing homes are now acute rehabilitation centers. This means they accept people, right out of the acute care hospital, for rehabilitation after a stay or surgery. Many people stay in a nursing home 21-45 days, get their physical rehabilitation, and then are discharged home. If they continue to improve, Medicare or health insurance will pay for their stay and treatment, but only for a specific amount of time. If physical conditions don't change, the acute rehabilitation care changes to "custodial care," and that usually means a discharge home, an RCFE or, if no place is available, a continued stay at the nursing home at an out of

pocket charge. Once the money runs out, the might qualify for Medi-Cal, and then continue to live in the nursing home.

However, without a need for acute rehabilitation, or a hospital stay, a person who is low income, on Medi-Cal and is failing at home due age or dementia, might have a struggle finding a nursing home. according to Howell. Sometimes, too, a nursing home might be found that is out-of county, making it impossible for family and friends to visit frequently.

One of the reasons that nursing homes prefer acute rehabilitation patients, according to Howell, is that they receive better reimbursement

rates from Medicare. The daily reimbursement rate for a nursing home, paid by Medicare is \$800 a day. For Medi-Cal, it runs \$180-\$216 a day.

As the new Ombudsman, Howell sees one role as to advocate for people who are on Medi-Cal and need long term care.

"Nursing homes cannot discriminate based on pay status," she said. "If a facility says they have no Medi-Cal, long term beds, then contact Ombudsman...we welcome that."

The Ombudsmen staff also advocate for people who are no longer able to speak for themselves. "Some problems we see are care issues, or a person not

(continued on page 13)

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- Assistance with feeding, toileting and medication reminders.

**For more information
please call (707) 624-7970
or NorthBay.org/AdultDay**



(from page 12)



receiving a shower or medications in time. Sometimes, too, it's a roommate situation," she said. "We can also help people who are being discharged home before it is safe, or they are ready. People have a right to appeal the discharge decision, and we can help with that."

Ombudsmen work within the system of care to make sure that both sides understand the situation and are working for a viable solution.

"These are businesses, they do care about people, and they're providing a

service," she said. "We don't demonize them. They have their own struggles."

One of those struggles, she pointed out, is often complicated families who disagree about care and procedures, or that all the medical information wasn't transferred from the hospital to the facility

The Ombudsmen also work with family issues. Howell, added, 'some of the most egregious abuse and neglect could be at the hands of a family member or friend. Financial abuse is common."

Making a complaint is simple. Just call 644-4194. Each report is confidential and case information is private. The Ombudsmen investigate each complaint. Reports are also sent to the Community Care Licensing Office in Santa Rosa. If a facility receives a citation all violations are available for review. For Solano County residents, that means a drive to 101 Golf Course Dr., Suite A-230 in Rohnert Park.

The Ombudsman office, now located in Pleasant Hill, also has some information. While they can't make specific recommendations on local RCFE's, they can identify places to visit, according to Howell.

As the aging population continues to increase, and people with memory losses and dementia struggle to live in a safely at home, they system of care

needs to change. Right not, Howell points out, that they system is "broken," and will soon be overwhelmed with people who are unable to afford any sort of care and there will be no place for them to move.

She is not without hope, however. Getting people involved is the key to making the changes to create a a better long term care community. And, she hopes that the Solano Ombudsman program will be a key player in the process.



Hearing Assistance:

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800.510.2020

Deaf & Disabled Service Center

800.772.3140

Ear of the Lion

800.327.8077

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HOUSING RENTAL ASSISTANCE

Vallejo Only

Season of Sharing Funds are periodically available. Eligibility is

once in a lifetime. Catholic Social Services: 707.644.8909

INDEPENDENT LIVING

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201 Bartlett Lane
Vacaville, CA 95687
707.451.9209

Leisure Town

100 Sequoia Dr.
Vacaville, CA 95687
707.448.8042

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

INFORMATION AND ASSISTANCE

Area Agency on Aging

707.643.1797 or 1.800.510.2020

Vallejo: 707.643.6612

Vacaville: 707.469.6679

(See ad on page 7)

Benicia Family Resource Center

200 East L St., Benicia
Senior Services Connection
707.746.4352

Born To Age

We help with information, finding community resources and setting up systems of care at home. Fee for services.

www.borntoage.com
707.226.7127

(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

www.yolohospice.org

800.491.7711

(See ad on Inside Front Cover)

LEGAL SERVICES

(See Attorney)

California Advocates for Nursing Home Reform

Lawyer referral service.
800.474.1116

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., day of the program.
1.866.572.7587

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

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.

Legal Services of Northern California, Solano County Office

1810 Capitol Street
Vallejo, CA 94590
707.643.0054 or 800.270.7252

Vacaville: McBride Senior Center

Free Legal Services
By appointment: 707.469.6660

Vacaville Public Library-Cultural Center

1st and 3rd Thursdays
Sign-ups at 4 p.m.
Space is limited to 7 people
1.866.572.7587

Vallejo:

Florence Douglas Senior Center
333 Amador St.
Free Legal Services
By appointment: 707.643.1044

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HICAP Counseling Services
1.800.434.0222

MASSAGE SERVICES

Your Home...Nursing Services

3188 Jefferson St.
Napa, CA 94558
www.yourhomenursing.com
707.224.7780
(See ad on page 26)

NOTARY SERVICES

Florence Douglas Senior Center
333 Amador St., Vallejo
Free Notary Service
1st Tuesday, 9:30 -11:30 a.m.

PHYSICAL THERAPY AT HOME

Body In Balance, PT
Bodyinbalancephysicaltherapy.net
222 Acacia St., Fairfield, CA 94533
707.421.2095
801 Alamo Dr., Vacaville, CA
707.689.5025
(See ad on page 14)

REVERSE MORTGAGE

Susan Richey
Finance of America
srichey@financeofamerica.com
707.688.9537

SENIOR GOVERNMENT

California Senior Legislature

For information:
Area Agency on Aging
Serving Napa and Solano
400 Contra Costa St.
Vallejo, CA
707.644.6612
(See ad on page 7)

Advisory Council:
1st Thursday of each month, 1 p.m.
Board of Directors:
3rd Tuesday of each month, 2:30 p.m.
707.644.6612

WOMEN'S HEALTH

NorthBay Healthcare Women's Health Center

707.646.4100
(See ad on page 16)



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Get back to living!

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707-421-2095

1009 Alamo Dr. Vacaville
707-689-5025

bodyinbalancephysicaltherapy.net

RAGING THROUGH THE AGES

Wildly raging through life, Patricia Sanborn of Santa Rosa, CA wants to redefine age altogether...counting by stages, rather than ages.

She stresses that the third stage of life (the one she's currently occupying at age 73), has been her most significant growth period. Sanborn, who was once a case manager guiding people through the care needed for frailty and disability, is now writing and speaking about staying active, happy and alive.



She calls her new life, "Fearless Aging," and stresses that it's all about making the best choices so that a longer life can also be a better life.

She works out daily, is a long distance bike rider, does yoga, aerobics...staying as active as she can because she knows that physical strength and flexibility are paramount to everything else.

She focuses on staying sharp, having a good attitude, being positive and knowing that there is much life left to live.

"If I can flex muscles earlier on, say at 70, the behavior change would be easier in my 90's. This can prevent me from aging like my parents," Sanborn countered.

With a graduate degree in Gerontology, she knows that the future might not bode well for many. And she's also determined that her life will be different.

"I talk to myself to find out what it is I do want," she said with a laugh. "Life is changing. I talk to quite a few people. Every older person is unique. Who they are is based on their life experiences."

Today she's working on a book, and it's on her favorite topic: Choices in Aging

Sanborn admits that she fights ageism daily, citing that ageism "is a form of denial. Ageism is everywhere, it's common in jokes, facilities, well, it's with a person all their life, so we all make fun of getting old."

She also battles with procrastination, "which is just waiting for a crisis."

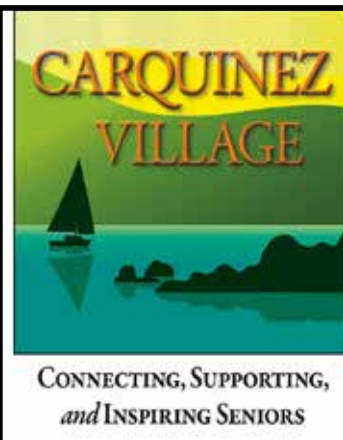


On a verbal roll, she defines Fearless Aging further: It means to gain awareness to what prevents us from listening to message on what is good for us."

For Sanborn that means making a list of all her strengths and not worrying about the rest. Admittedly, "not everything in life is important."

It's being fit, healthy and eating the right foods that are at the top of Sanborn's list. She also likes to knit, sew and create things for people.

"I am continually trying to find what excites me... what blossoms in me to be discovered," she said.



CARQUINEZ VILLAGE OPENS IN BENICIA

Active seniors in Benicia now can join the Carquinez Village, which serves as an information hub, volunteer opportunity and a place to make new friends.

Modeled on the "Village Movements," which are springing up throughout the United States, Carquinez Village provides a way for seniors to support each other as they age through time.

While still in formation stages, the Village hopes to become a hub for people who enjoy programs and courses to stimulate minds. There will be concerts, coffee hours, social events and speakers.

Those facing challenges or hardships, won't be alone. When problems occur, members will be surrounded by a community of caring volunteers who will give rides to the doctor, be companions, run errands, simple household repairs, and more.

This is a membership organization. For information, call **297-2472**.

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Or Call 707.226.7127

DROPPING OUT -- AGAIN

“I’ve been dropping out again it seems. This version is quite different from when I dropped out years ago as a hippie, living in school buses and with friends in the countryside. But some things about it are the same. The experience of letting go and opening up to a new way of being and living. Not having to be anywhere but right here.

Spacious days. Being. No job, except for those tasks I choose to take up. And even though I am a semi-reformed Type A, with a long history of big projects, I am enjoying this open experience. Gradually letting go, and living vividly in the midst of it.”

~ Gaea Yudron, Sages Play



GAY *and* GREY IN SOLANO COUNTY

Working to organize and support LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex) older adults in Solano County,

two nonprofit agencies, Faith In Action and the Solano Pride Center have joined to start a monthly potluck lunch in Fairfield where people can start with talking and meeting each other.

The group meets at the Solano Pride Center, 1234 Empire St. in Fairfield, 12:30 p.m. on the 4th Tuesday of each month.

Group meetings are not open to the general public, since some people attending prefer to maintain their confidentiality.

“Our goal is to have a safe place for graying LGBTQ locals to talk and be together,” according to Nord.

While many social programs already exist in Solano County for older adults, “they’ll oriented towards heterosexuals. Many LGBTQ older people aren’t open, or out to everyone about their sexuality.”

One example that is often asked by older adults. is the standard question about marriage, said Nord.

“It’s a hard question to answer without coming out.”

While LGBTQ people can and do often take part in activities in the larger community, they don’t always feel accepted, or can’t “be themselves.” People want to socialize where they’re accepted.

There is still much work to be done to educate people in Solano County

accept and include LGBTQ seniors without judgement. Nord hopes to eventually train in-home caregivers and staff in local retirement homes on making LGBTQ seniors feel welcome.

Retirement homes throughout the Bay Area are increasing their knowledge of the LGBTQ senior community, and some are sporting rainbow decals in their lobby windows as a welcome sign.

“It’s a little bit harder in Solano County, that the rest of the Bay Area,” Nord admitted, pointing out the though Vallejo City Council passed a Pride Proclamation this year, it wasn’t passed by Vacaville City Council.

“We have to do more work here.”

Nord has met many people who are still closeted, even their neighbors don’t know.

“It’s difficult to be open...with this group, we are opening

another avenue. We want people to become less isolated, and to avoid the negative consequences of that isolation,” she said.

Nord also sees the LGBTQ seniors moving to Solano County due to its affordability. She moved here thirty years ago, and is hoping to encourage more acceptance in the community.

“We still meet older people who don’t want their family to know. They are unlikely to take many risks, and feel more vulnerable,” she added. “Sometimes they return to the closet once they enter a nursing home, because they aren’t sure how they’ll be treated.”

For more information about the group, and the Solano Pride Center,

Call: 707.207.3430



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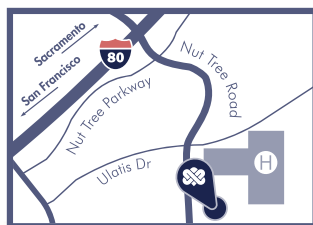
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*You do not have to be a patient or otherwise affiliated with NorthBay Healthcare to join HealthSpring Fitness.



HealthSpringFitness
NorthBay Healthcare
HealthSpringFitness.org

LGBTQ CONNECTION

These 10 Basic Facts are part of a series of resources designed to increase awareness and facilitate conversations about acceptance, understanding and full inclusion of LGBTQ (lesbian, gay, bisexual, transgender, queer/questioning) people. What would that look like where you live, work, or worship?

1 Most lesbian, gay, bisexual, and transgender (LGBT) seniors are in the closet. For most of their lives, to be LGBT was considered a crime, a mental illness, and a sin. If their sexual orientation or gender identity was revealed, they could be arrested, jailed, or committed to a mental institution. Many lost family, friends, housing, school, jobs, and more.

For LGBT seniors, to survive meant to hide. Now in their 70's, 80's, and 90's, hiding puts their health and well-being at risk. The more LGBT seniors need services, the more vulnerable they feel and the more likely they are to be in the closet. They fear rejection and discrimination, and they fear for their safety.

3 LGBT seniors face all the challenges that heterosexual seniors do: housing, healthcare, mobility, financial security, etc. But added to that for LGBT seniors are the issues that result from society's heterosexism, homophobia, and transphobia.

Compared to their heterosexual peers, LGBT seniors are: more likely to live alone; less likely to have adult children and partners; less likely to be connected to family of origin; and 5 times less likely to access services.

5 LGBT baby boomers now reaching retirement age are the first "out" generation of older adults in our history. In the next 16 years, the number of LGBT older adults will likely double.

6 Research shows that healthy outcomes as we age are directly related to how connected we are to community. LGBT seniors are isolated not only in the mainstream but also from each other. Essential to reducing isolation for LGBT seniors is to create opportunities to gather and to be who they are in safe, supportive, and welcoming environments.

California laws AB2920 and SB1729 require inclusion of LGBT aging needs in area plans, programs, and services; and mandate LGBT cultural competency training for licensed health professionals in nursing homes and senior care facilities.

8 For their protection in end-of-life issues, it is essential that LGBT people complete wills, advanced health care directives, and durable power of attorney documents.

9 Most health, social service, and housing providers are unaware of the issues facing LGBT seniors, and have not received training on LGBT aging, outreach, and best practices. Cultural competency training is essential to reach LGBT seniors sensitively and effectively.

10 In the United States approximately 28% of people living with HIV/AIDS are over 50 years old. This number is projected to grow to 50% by 2017. Each year there are more than 1,000 new diagnoses of HIV infection in men who have sex with men age 55 and older.



{ produced and submitted by the LGBTQ Connection ~ Napa, CA }

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www. Born  Age .com

THE LOVE OF PETS CONNECTS CONVERSATIONS FROM MILES AWAY

Anne Sanabria admits she's a "crazy dog lady." Her favorite four canines are framed and featured in her office at work, and she cringes with guilt that she's not able to spend as much time as she'd like to with them, everyday. After her husband died, last year, it's her dogs that have helped her cope with her grieving and loss.

She suspects that pets make a difference in the lives of many people and one thing Sanabria knows for sure, and that's pets and talking about them really helps people who are homebound and living alone.

About seven years ago she started a 30-minute conversation every Saturday at 11 a.m. through the Senior Center Without Walls. Under the guise of "Pet Tales," she listens to seven or eight people tell their stories, worries and jokes about their beloved dogs and cats.

"We reminisce, talk about the dogs we used to love, our current dogs... the time goes fast," said Sanabria with a laugh. "Some people talk more than others, and interruptions happen, just like in real life. But, together, we lighten the load."

Many of the people Sanabria talk with are in chronic pain, homebound and have difficulty managing day to day. They are lonely, eager to be heard and listen to someone new. She takes notes so she can recall and ask questions on the next visit. Mostly, though, they have a chance for a laugh or two.

"I hear people say that they have a smile on their face for the rest of the day after the call," said Sanabria. "I too am helped....sometimes I've had a bad week, but when I finish the call, I feel better."

Senior Center Without Walls, while based in San Francisco, connects

about 450 seniors throughout fifteen states. Offering about 50 different call-in conversations, it means that just about anyone can connect in a conversation about something in common.

Sanabria isn't sure where all of her "students" live, a few years ago she did meet one for lunch in Concord, and this past week she believes another one just joined from Connecticut.

One connection that Sanabria has made in this volunteer work is that with her own heart.

"Pets are really important. My husband died, but I still have his dog. That means a lot to me," she says, adding that it's made her more empathetic with her students. "We talk of their trials and tribulations, when they've lost pets, have had them get sick, etc."

And now, when someone she knows loses a pet, Sanabria has made it a practice to acknowledge it with a card and a specially-inscribed medallion.

Some of the people who call now, Sanabria has been with for over five years. They've formed a relationship with her, and she talks at ease. "We aren't going to solve the world's problems, but we are going to have a good time."



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- ❖ Current events
- ❖ Health
- ❖ Book discussions
- ❖ Technology



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seniorcenterwithoutwalls.org.**



Hearing Loss . . . A Sign of the Times

The world is a noisy place. Combine that with rock and roll music, piercing sirens, loud gunfire, daily hair blowers and a Harley Davidson motorcycle . . .and lost hearing is a guarantee. The problem is that most people won't admit it, and instead of getting a hearing aid, they'll turn the TV volume up to loud, say "what?" a hundred times a day, and eventually become quiet and withdrawn.

On average, it takes a man seven years to get a hearing aid after being diagnosed with hearing loss, according to Yolanda Kananen, a Pleasant Hill based hearing specialist.

Even with almost every baby boomer destined for some hearing loss, there's still a huge stigma involved in not only diagnosing, but eventually having break down and buy an hearing aid.

"A lot of people are just in denial, it's their family that is noticing and talking louder to them," said Kananen. "Family just gets exhausted from it, and often, too, it's their children who tell them that it's time to get a hearing aid."

Most people don't realize that hearing loss can have severe consequences to other parts of the body. For example, with hearing loss, there's a 30-40 percent increase in cognitive decline. People's minds just decline faster if they can't hear.

People who can't hear also have more balance disturbances...which translates to more falls.

And, they also become more depressed because they are no longer full participants in life.

With more noise, there is more hearing loss. One of the changes Kananen is seeing is that the average age of getting a hearing aid has dropped from 67, to 55. She points out, too, the people start losing hearing at about age 30.

And, with all the kids listening to music and using earbuds, she expects to see even more people with hearing loss in the near future.

People are often worried about the cost.

A decent hearing aid, for both ears, will run between \$2,800-\$6,800, according to Kananen.

She points out that the Veteran's Administration will pay for veteran's hearing aids, and Medi-Cal also will pay for aids, but the selection is limited.

People who are very low income can also apply to the Starkey Hearing Foundation who will fit them with a top-of-the-line digital hearing aid customized for their hearing loss. For more information on this program, call: 800-328-8602.

Jim Nord, Independent Administrator

C.F.B License #3

P.O. Box 690, Napa, CA 94559

Phone 707/ 255-5429 FAX 707/ 255-0254

nord@napatrust.com



Home Making & Day to Day Help

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- Meal planning, etc.
- Overnight & respite care

We tailor our services to you!
Transportation or accompaniment



Call Today **925-685-5577** 24hrs/7days
www.ResCareHomeCare.com

DO YOU SUFFER FROM HEARING LOSS?

Hearing loss is gradual, and gets worse over time. Noise from sports, music, and more can affect your hearing. Take this simple test and see whether you have hearing loss:

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. You can hear, but you can't understand high-pitched sounds. Women's and children's voices might disappear, or you confuse words. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. You have difficulty understanding what is being said, unless you are directly facing the speaker. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. You are continually asking people to repeat phrases and words. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. You prefer the TV or radio louder than others do. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. You avoid social occasions, family gatherings or group meetings where listening might be difficult. |



If you answered yes to any of these questions, you may have a hearing loss and should have your hearing tested.

Quality of Life: Index to Articles

What Home Care Agencies are Charging in Solano County	24
Robert Cole, MD Speaks Out on Marijuana.....	28
What Cannabis Can Alleviate	29
Are Children Responsible for the Care of Elderly Parents?.....	29
How to Safely Dispose Unused Medications	33
13 Documents You Need for Planning.....	36
Veterans Benefits to Pay for Long Term Care	37

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.

Collabria Care

(will pick up from the City of Vallejo and American Canyon)
414 S. Jefferson St.
Napa, CA 94559
707.258.9080

NorthBay Adult Day Center

3777 Vaca Valley Parkway
Vacaville, CA 95687
Monday-Friday, 7 a.m.- 7 p.m.
Northbay.org
707.624.7970
(See ad on page 12)

Fairfield Senior Day Program

1200 Civic Center Drive, Fairfield
707.428.7654 or 707.428.7742

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
3675 Mt. Diablo Blvd., Suite 250
Lafayette, CA 94549
925.284.7942 or 800.272.3900

FAIRFIELD:

Fairfield Senior Day Program
1200 Civic Center Drive, Fairfield
707.428.7654

Brain Flexers

Suisun Senior Center
318 Merganser Way
Tues and Thurs, 10 a.m.- 2 p.m.
Lunch included. Fees on sliding scale basis.
707.421.7203

VACAVILLE:

NorthBay Adult Day Center

3777 Vaca Valley Parkway
Vacaville, CA 95687
Monday - Friday
707.624.7970
(See ad on page 12)

ALZHEIMER'S INFORMATION, REFERRAL AND EDUCATION

Alzheimer's Association of Northern California Helpline:

Information, Referral and Support,
24 hours a day, 7 days a week.
1.800.272.3900

Alzheimer's Association

East Bay Office
Greater San Francisco
Bay Area Chapter
251 Lafayette Circle, Suite 250
Lafayette, CA
925.284.7942

Alzheimer's Disease Education And Referral Center

P.O. Box 8250
Silver Spring, MD 20907
800.438.4380

Alzheimer's Resource Center

Monday-Friday, 10 a.m.- 2 p.m.
HELPLINE: 707.624.7971
1.888.922.9922

At-Risk

Elder ID Program, Vacaville
By appointment: 707.469.6673

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
707.449.1350
(See ad on page 23)

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.- 2 p.m.
Northbay.org
707.624.7971 or 1.888.922.9922
(See ad on page 12)

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
Info: 925.357.6904

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www.vistaprado.com

Lic# 486803704

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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.

ALZHEIMER'S / DEMENTIA / MEMORY CARE ASSISTED LIVING

(These homes provide care specifically for people with Alzheimer's or other dementias.)

Vista Prago

105 Power Dr.
Vallejo, CA 94589
707.643.7617
(See ad on page 20)

Pacifica Senior Living of Vacaville

431 Nut Tree Road
Vacaville, CA 95687
707.449.1350
(See ad on page 23)

Solano Life House

575 South Jefferson Street
Dixon, CA 95620
www.solanolifehouse.com
707.678.1651

The Greenhills Care Home

115 Thayer Way
American Canyon, Ca 94503
707.558.8487
(See ad on page 21)

ALZHEIMER ID PROGRAM

At-Risk

Elder ID Program, Vacaville
By appointment: 707.469.6673

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

ASSISTED LIVING (RESIDENTIAL CARE, BOARD AND CARE)

Vista Prago

105 Power Dr.
Vallejo, CA 94589
www.camino-alto.com
707.643.7617
(See ad on page 20)

Quail Creek at Paradise Valley Estates

2600 Estates Dr.
Fairfield, CA 94533
1.800.618.0742
(See ad on page 11)

ASSISTED LIVING COMPLAINTS

Department of Social Services

Community Care Licensing Division
101 Golf Course Drive, Suite A-230
Rohnert Park, CA 95401
707.588.5026

Ombudsman Services of Northern California

Solano County:
707.644.4194 or 800.644.4194

(continued on page 22)

the Greenhills Care Home

Welcome to Our Family!



Providing care for the elderly including specialized care for Alzheimer's and Dementia

Phone/Fax: 707-558-8487



License 280111959

Affordable Rates Family Owned Since 1994

Our residents are part of our family at Greenhills. We hope that if you choose Greenhills, you will consider us part of your extended family, and Greenhills your home away from home.

**115 Thayer Way
American Canyon, CA 94503**

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 cald.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

707.425.5066

NorthBay Cancer Center

707.646.4000

(See ad on page 12)

CARDIAC REHABILITATION

NorthBay Health Care

707.646.5072

(See ad on page 12)

CAREGIVERS FOR HIRE

(Home Care)

ABBA In-Home Care Services

3860 Broadway Street, Suite 103

American Canyon, CA 94503

Abbahomehealth.com

Business office:

707.704.6489 & 707.731.0475

Sacramento Valley:

916.690.0097

(See ad on page 24)

Always Best Care Senior Services

479 Mason St., Suite 101

Vacaville, CA 95688

Abcsolanocounty.com

707.317.1740

(See ad on page 40)

AmeriCare Home Care Agency

918 Merchant Street

Vacaville, CA 95688

www.americarenorcal.com

707.447.7734

(See ad on page 22)

ApexCare

1981-B Alamo Dr.

Vacaville, CA 95687

www.apexcare.com

707.320.9208 or 877.916.9111

(See ad on page 25)

Caregiver Referral Service

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

Vallejo: 707.643.1798

Vacaville: 707.469.6679

(See ad on page 7)

Faith in Action

Volunteers provide in-home care, shopping and transportation.

707.425.6164 or 707.469.6675

Home Instead Senior Care

3429 Broadway, Suite C-7

American Canyon, CA 94503

www.homeinstead.com

707.552.2266

(See ad on page 27)

In-Home Supportive Services -

Solano County Health and Social Services

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.

707.784.8259

Love & Joy Senior Care Services

340 Northrup Lane

American Canyon, CA 94503

707.342.5613

(See ad on page 24)





**Looking for
In-Home Care?
Let us help!**



A referral agency that provides the most qualified, professional caregivers who have a calling for helping others.

(707) 447-7734

www.americarenorcal.com

ResCare Home Care

1261 Travis Blvd., Suite 180
Fairfield, CA 94533
Rescare.com
707.425.5577
(See ad on page 19)

Senior Helpers North Bay

1100 Trancas St., Suite 214
Napa, CA 94558
Solano-Yolo: 707.251.1611

Sequoia Senior Solutions

1372 N. McDowell Blvd., Suite S
Petaluma, CA 94954
Sequoiaseniorsolutions.com
707.419.7299

Your Home...Nursing Services

3188 Jefferson St.
Napa, CA 94558
www.yourhomenursing.com
Vallejo/Benicia: 707.642.4711
Fairfield/Vacaville: 707.428.5733
Napa: 707.224.7780
UpValley Napa: 707.963.4913
Yolo County: 530.753.7478
(See ad on page 26)

ELDER ABUSE ADVOCACY

Adult Protective Services

707.784.8259 or 1.800.850.0012

**Ombudsman Services
of Northern California**

Solano County
To report suspected elder abuse in
a nursing home or assisted living
facility.
707.644.4194 or 800.644.4194

**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)

**EXERCISE AND FITNESS
PROGRAMS**

NorthBay HealthSpring Fitness

1020 Nut Tree Road
Vacaville, CA 95687
Healthspringfitness.org
707.624.3285
(See ad on page 16)

FAMILY CAREGIVER SUPPORT

Area Agency on Aging

Serving Napa-Solano
707.643.1797
(See ad on page 7)

(continued on page 30)

Lic No 486803645



MEMORY CARE

Let our compassionate team offer the support and respect your loved one deserves to continue living a fully enriched life.

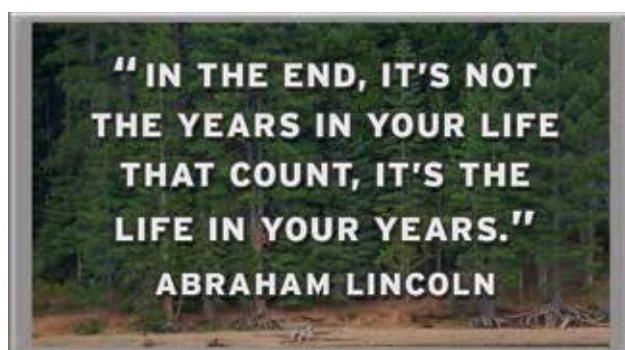
Your loved one will enjoy the comfort of our cottage neighborhood and freedom of our large courtyard with gardens and walking paths.

- Personalized Care
- Purpose Driven Programming
- Family Support Group
- Respite Stays
- Experienced Care Team
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Schedule your personal tour today!

(707) 439-8200

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



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
707-646-3575

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 103
American Canyon, CA 94503

Business Office:
707-704-6489
707-731-0475
Sacramento Valley: 916-690-0097
Fax Number: 877-904-7574
Website: abbahomehealth.com
HCO#284700004

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.

Always Best Care
160 Woodhaven Dr.
Vacaville, Ca 95687
707-282-6148
HCO#484700010

Always Best Care is a locally-owned private duty non-medical home care agency. Caregivers are thoroughly screened, background checked, registered with the State of California, and covered by worker's compensation and liability insurance. Caregivers receive five hours of initial training, and then ongoing training for safe and high levels of care. Care consultations and home safety inspections are available free of charge. No minimums. Scheduling is flexible, based on customer need. Care is offered 24/7. Pricing varies, dependent on need and

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

Serving the all Bay Area, Sacramento, San Joaquin and Los Angeles



Love & Joy Senior Care Services

Serving the Bay Area
(707) 342-5613 (925) 408-7122

- Dementia & Alzheimer Care
- Personal In-Home Care (Bathing, Grooming, Dressing, etc.)
- Prescribed Exercise & ROM
- Meal Preparation
- Medication Reminder
- Companionship
- Light Housekeeping & Laundry

Bonded, Licensed & Insured
Affordable Rates
Supervised by Licensed Nurse
Call for free consultation

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

hours. Price ranges from \$25-42.50 per hour. Va Preferred. Accepts long term care insurance. Also offers Always in Touch, a free telephone reassurance program providing a daily phone call to seniors and disabled adults.

ApexCare
 1981-B Alamo Dr.
 Vacaville, CA 95688
www.apexcare.com
 707-421-9111
 HCO #344700006

ApexCare has been providing non-medical home care services to the senior community for over 20 years. Services include dementia and Alzheimer's care, personal care (hygiene, bathing, incontinence care), medication reminders, light housekeeping and meal preparation.

For those where the best long-term solution is moving to a care home. Also provides free care home referrals. Caregivers undergo a comprehensive screening. Integrity, skill, and heart are valued in equal measure. Office professionals provide the 24-hour support. Phones answered 24x7 with prompt response. Shifts from 3 to 24 hours. Rates range from \$23.50 per hour for 24 hour shifts up to \$27.50 for 3-hour shifts.

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
 HCO#284700001

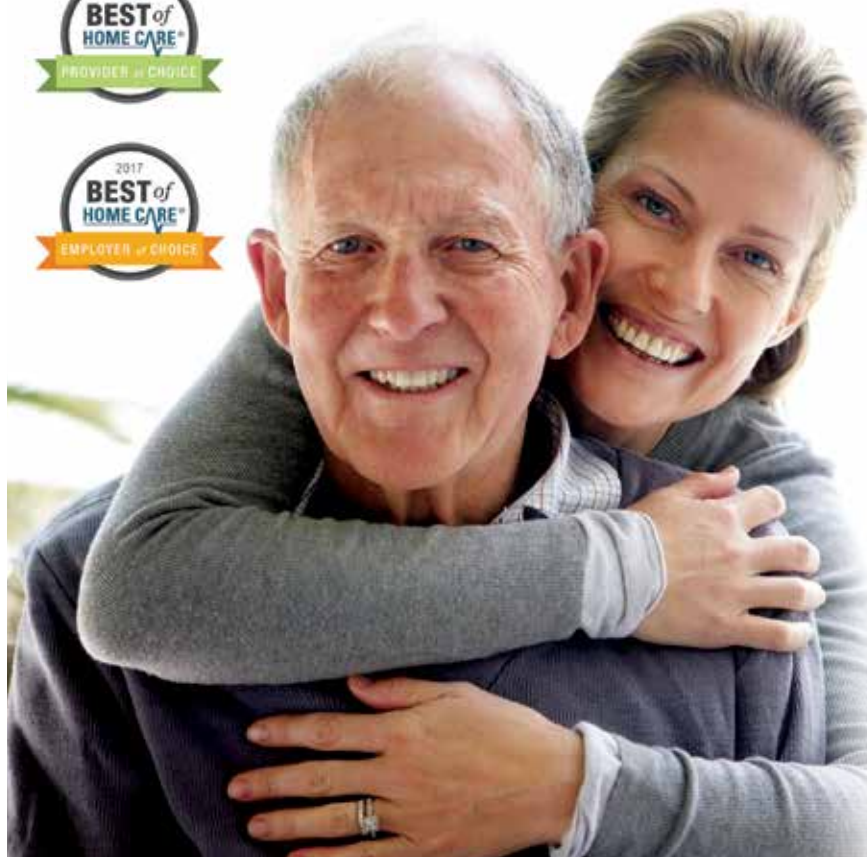
This is a private duty home care agency that provides services such as personal care and grooming, errands, medication reminders, incidental transportation, light housekeeping and companionship. Staff are experienced and receive regular ongoing training. Accepts long-term care insurance. Caregivers are employees, 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. Provide services and phone support 7x24x365. Rates range from \$27-\$30 per hour, 3-hour minimum shift. Care managers are able to provide options and referrals to other areas of needs.

Love & Joy Senior Care Services
 340 Northrup Lane
 American Canyon, CA 94503
 707-342-5613 & 925-408-7122
www.ljseniorcare.wix.com/loveandjoy
 Contact: Jennie Falcon
 HCO#284700005

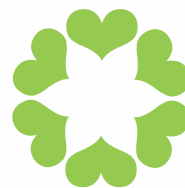
Love & Joy is a non-medical home care and board & care placement agency. Rates range from \$18-21 per hour, no minimum. Live in care rate starts from \$200 per day. Services can be stopped anytime, no contract needed. Accepts checks and long term care insurance. Free in-home assessments and safety checks. Caregivers are bonded, insured, background checked, and TB tested. Provide services for dementia/alzheimer's

(continued on page 26)

EXCELLENCE IN HOME CARE MEANS...



- We hire only the **best caregivers that have** integrity, skill, and heart in equal measure.
- We provide **specialized training** that is specific to our clients' unique needs.
- Our team provides the **24-hour support** you expect and deserve.
- We offer **one-on-one therapeutic activities** for your loved ones.



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WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

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.

ResCare HomeCare
1840 Gateway Blvd., Suite 280
Concord, CA 94520
925-685-5577
rescarehomecare.com
Providing services in Contra Costa,
Solano and Napa Counties
HCO#074700035

ResCare has served for the past 40 year. Largest privately owned home care company Offers support for seniors, people with disabilities and youth with special needs. All employees are background checked, finger printed and TB tested. Staff are highly trained and continually educated. No minimum.

Available for one hour, or up to 24-hours aday. 24/7 on-call. Transportation services \$0 each way, non-local is \$80 each way. Caregiver rates range from \$26 per hour (3-9 hours), \$70 (2 hours), or \$55 (1 hour). \$300 sleepover, \$350 for a 12-hour shift and live-in is \$450 a day.

Your Home...Nursing Services
3158 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

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 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.

Celebrating 28 Years of Caring!

The Valley's most trusted Agency... our years of caring prove it!



Camie Bianchi
Owner



Scooter Monroe
Director of Pet Care

State Licensed • All Levels of Care
Complimentary RN Assessment

Many of our caregivers have been with our agency over 15 years

Your Home...

Caregivers to Licensed Nursing Services

Home Care at Its Very Best!

In Your Home...the Minute You Need Us!
Setting the Standard in Alzheimer's / Dementia Care
www.YourHomeNursing.com

All Care Managed
by an RN

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Napa Valley
996-4135
Sonoma

642-4711
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428-5733
Vacaville/Fairfield
530-753-7478
Yolo County

Special Loving Care:
Alzheimer's
Dementia
Strokes

WHAT HOME CARE AGENCIES ARE CHARGING FOR SERVICES IN SOLANO

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 Home Care Agency
918 Merchant Street
Vacaville, CA 95688
707-447-7734
www.americarenorcal.com

AmeriCare Home Care Agency is a referral agency for caregivers. Refers qualified, professional caregivers that match the needs of the client with the skills, personality and experience of the caregiver. Caregivers are experienced in and can provide companionship care, local transportation, and non-medical

personal care from one hour up to 24 hours. Most referred caregivers also have state training and certification. Background and driving records are checked. Negotiated hourly rates range from \$21 to \$26 based on services provided. Private pay and most long term care insurance accepted.

Caregiver Referral Service
Area Agency on Aging
Serving Solano County
707-643-1798
Vacaville: 707-469-6679 (M, Tu, Th)

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 \$17-20 an hour.

Faith in Action
Serving Solano County
707-469-6675

This is a volunteer program. Will provide respite care, grocery shopping, light household and yard chores, errands and visitation, non-medical, in-home assistance.

CAREGIVERS WANTED

The Area Agency on Aging serving Napa and Solano Counties maintains a Caregiver Registry for the public. They are actively seeking caregivers and companions who would like to work with seniors.

Registry caregivers determine their own hours and schedules with the client.

Caregivers help with domestic services, personal care, transportation, protective supervision and companionship.

**Part-time,
full-time . . .
you decide.**

**For an interview
call:**

707-643-1797, ext.313


Transitions Can Be Very Difficult



- Retirement Living
- Assisted Living
- Licensed Care Homes
- Alzheimer Care
- Nursing & Rehabilitation
- In-Home Care

A **FREE**, local referral service designed to assist families in navigating the senior care maze.



 Ask us about a benefit that helps qualified Veterans pay for care! **(707)451-8724**



We're by your side so your parents can stay at home.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

Home Instead CAREGivers can provide a variety of services. Some include:

- Alzheimer's Care
- Companionship Care
- Personal Care
- Meals & Nutrition
- Transportation
- Household Duties
- Respite Care
- Hospice Care Support Services

Call for a free, no-obligation appointment

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To us, it's personal.

HomeInstead.com/521

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ROBERT COLE, MD SPEAKS OUT ON MARIJUANA

Your doctor probably won't suggest cannabis as an option to, or in addition to prescribed medications, but cannabis can be an important tool for treating Alzheimer's, pain, neurodegenerative disease and end of life care, according to Robert Cole, M.D., the Associate Medical Director of the Pleasant Hill-based Hospice of the East Bay.

Though Cole oversees a hospice agency, he also lectures frequently on the benefits of cannabis in the hopes of dispelling myths and educating people on the benefits of this little known drug. Himself a survivor of a Melanoma cancer and once given a prognosis of only seven months to live, Cole's personal experience with cannabis, as well as seeing the ways it's helped others, has convinced him that it can play an important role in treating many different ailments, as well as help avoid the side effects from traditional medicines

When he was 49 years old, doctors discovered the skin cancer, Melanoma. It spread fast and quickly spread to a stage 4, meaning it had affected organs in his body, as well. He was treated with Interferon, which "felt like being in the constant state of having the flu," he remembers. He dropped 40 lbs, and could barely eat. His doctor suggested cannabis as a way to increase his appetite so normal weight could be maintained.

"I was not a novice to the herb," he says with a smile, "I used it in college. But this time, the clinical benefit to me was profound."

Not only did his appetite improve, but it proved "an invaluable psychological benefit. It helped me with depression and sadness and brought me out of thinking about the future."

"Not worrying about the future...that's powerful for someone who's facing a shortened life span," he adds.

Now a believer in, Cole took on his own investigation on why this drug has been so stigmatized in the American culture. He points out that up to 1930, cannabis was legal, and the ban was based on politics, fear and racism. Making it an illegal substance banned the promise of future study and research on any good it could do to help people.

"Only recently have we begun to understand how this place relates to and impacts physiology," he says. "The best and earliest work is done by the Weizmann Institute of Science in Israel."

In his lectures, Cole goes into detail about how human bodies are actually made for cannabis utilization.

"We have specialized receptors in our brains whose only purpose is to respond to cannabis," he points out. The vast majority of doctors trained western medicine know nothing about this, it is the Endogenous Endocannabinoid System, our bodies are made to work with marijuana."

This system of receptors, he says, are located throughout the body and more

numerous than any other receptor system.

Most significantly, there is no such thing as a lethal dose of cannabis.

"It is essentially impossible to overdose because the compounds in cannabis do not repress respiration," he says. "That's how opiates kills us."



Cole finds cannabis relatively safe to use, suggesting that people experiment with the various products and combinations until finding one that seems right for them. Aside from smoking, there are also

tinctures, creams, teas, patches, and hundreds different types of edibles.

And, while cigarette smoking is harmful to lungs, Cole points out that a "recent large study found no association between marijuana smoking and lung cancer.

For a novice, understanding the different products and combination of CBD and THC (the two compounds most significant in cannabis) can be confusing. This medication is also not prescribed by a doctor, with specified dosages. Positive outcomes are achieved by trial and error.

The THC component of cannabis is the one that produces the euphoria, or

"gets you high." The CBD component has the anti-inflammatory effect. What each individual needs to discover is the balance, the right combination that works for them.

"It is the balance of the two drugs that impact how someone experiences the drug," he says.

Many products, too, are not tested, so an accurate dosage isn't available. Cannabis is an herbal plant, difficult to standardize and regulate the dosage.

"The nature of cannabis has changed in 40 years. The plant is more potent than ever before, THC levels used to be 8-11%, now they're 25%. There's a lot of cross breeding," Cole adds. "For example, low doses of THC decrease anxiety, higher doses increase it."

He suggests starting with lower doses of THC and going slow so "you can see what's happening."

And, about the euphoria...well, that's something Cole sees a lot of people worrying about.

"As a cancer doctor, I'm pro-euphoria. Euphoria is good. But people can have a sense they're out of control and it's scary to them. As a practitioner, cannabis is able to offer a guiltless euphoria, it's a way to get a break from the negative thought images."

Mostly though, Cole finds that cannabis is an important tool in helping people with pain and suffering.

And, the fact that many doctors don't know much about it, also will need to change.

"We need to put pressure on treating physicians to learn more about this," he says. "It is shocking to me on how few doctors are knowledgeable about the Endocannabinoid System."

Are Children Responsible for the Care of Elderly Parents?

In California, yes.

In a nutshell, adult children are required to financially care for their elderly parents, if they are not able to care for themselves. This includes food, shelter, clothing and medical needs.

A California action for filial support must be brought by the parent, or they county. Not by creditors. And, there is no responsibility to pay debts after a parent dies.

This law, however, is very rarely enforced.

Very broadly, the following criteria need to be met in order for filial responsibility laws to apply:

1. Your parent is accepting financial support from the state government.

2. Your parent has a medical or nursing home bill which they cannot pay, and they don't qualify for Medi-Cal.

3. Your parent is indigent, which means the cost of their care exceeds their governmental benefits.

4. Your parent does not qualify for Medi-Cal.

5. A caregiver has reason to believe that the patient's child has the money to pay the bill, and chooses to sue the child for what is owed.

If you can show that you were abused or abandoned as a child, the law typically considers that your parent is undeserving of your support.

Chances are, you will not be responsible for your parent's care. People rarely sue and judges have discretion for enforcing these laws. If you can demonstrate that you do not have the means to pay your parent's bills, the courts will not impoverish you. Additionally, if you can show you have significant family expenses such as medical bills of your own, or even college tuition, a judge may exempt you from having to pay your parent's debts.



WHAT AM I AFRAID OF?

"Simone Weil said, 'Grace fills empty spaces but it can only enter where there is a void to receive it, and it is grace itself which makes this void.' Grace leads us to the state of emptiness, to that momentary sense of meaninglessness in which we ask, 'What is it all for? What does it all mean?' All we can do is try to keep our hands cupped and open. And it is even grace to do that. But we must want grace and know we need it

Ask yourself regularly, 'What am I afraid of? Does it matter? Will it matter at the end or in the great scheme of things? Is it worth holding on to?' Grace will lead us into such fears and emptiness, and grace alone can fill them up, if we are willing to stay in the void. We mustn't engineer an answer too quickly.

People of deep faith develop a high tolerance for ambiguity and come to recognize that it is only the small self that needs constant certitude or order. The Godself is perfectly at home in the River of Mystery."

~ Richard Rohr,
Center for Action
and Contemplation

WHAT CANNABIS CAN ALLEVIATE

- **Pain.** One in 5 Americans suffer from chronic pain. Cannabis can manage many types of pain.
- **Sleep problems.** Cannabis can improve sleep
- **Seizures.** Cannabis is proven to alleviate brain seizures
- **Nausea.** Improves appetite and stops nausea.
- **Intra-ocular pressure.** Especially useful for glaucoma.
- **Anxiety/depression.**

It can also help treat the following conditions:

ALS
Alzheimer's Disease
Chronic Pain
Epilepsy
Glaucoma



Huntington's Chorea
Hypertension
Multiple Sclerosis
Sleep disorders
Parkinson's Disease

FAMILY CAREGIVER SUPPORT
(continued from page 23)

Born To Age

Yvonne Baginski
P.O. Box 6863
Napa, CA 94558
www.borntoage.com
707.226.7127
(See ad on page 15)

Pacifica Senior Living of Vacaville

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Vacaville, CA 95687
707.449.1350
(See ad on page 23)

FRIENDLY VISITORS

Faith in Action

707.469.6675

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313 Kendal St, Suite B
Vacaville, CA
Internal Medicine and Geriatrics
Hospice and Palliative Care
Home visits.
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(See ad on page 33)

HOME DELIVERED MEALS

**Meals on Wheels
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95 Marina Center
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Nutritious meals delivered to your
home. Weekend meals available.

Fairfield, Suisun, Vacaville, Dixon,
Rio Vista: 707.425.0636

Vallejo, Benicia:
707.644.7444 or 1.800.788.5114

(See ad on page 34)

Congregate Meal Sites:

Benicia Senior Center

1201 East 2nd St.
No charge, but ask for a fair share
donation.
Reservations: 707.426.3079

**Benicia Community
Action Council**

Freshly prepared meals, daily.
\$4/meal. Home delivery available
5 days a week.
Lunch served Monday-Friday,
11:30 a.m. - 12:45 p.m.
707.745.0900

Dixon Senior Center

201 S. Fifth St., Dixon
Lunch served on Mondays,
Tuesdays and Thursdays only.
Reservations: 707.678.7022

Fairfield Senior Center

1200 Civic Center Dr.
Lunch served Monday -Thursday,
11:30 a.m.
Reservations: 707.426.3079

Florence E. Douglas Senior Center

333 Amador St., Vallejo
Meals served Monday - Friday,
at noon.
Reservations: 1.800.788.5114

Marina Towers Site

575 Sacramento St. Vallejo
Daily lunch served, 11:30 a.m.
Reservations: 707.552.4422

McBride Senior Center

91 Town Square Place, Vacaville
Meals served Monday - Friday, 11:30 a.m.
Donations accepted.
Reservations: 707.426.3079

Rio Vista Senior Center

25 Main St., Rio Vista
Lunch Monday - Friday, at noon.
Reservations: 707.374.3349

Suisun Senior Center

318 Merganser Dr., Suisun
Lunch served Monday - Friday, 11:30 a.m.
Reservations: 707.421.7203

HOME HEALTH CARE SERVICES

Medicare and Medi-Cal Certified

Home health services are covered
by Medicare, Medi-Cal and most
insurance plans.

**Advanced Home Health
North Bay**

1100 Rose Dr., Suite 160
Benicia, CA 94510
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707.643.2100

Healthy Living at Home

1320 Willow Pass Rd., Suite 715
Concord, CA 94520
www.healthylivingservices.org
707.815.8236
(See ad on Back Cover)

NorthBay Health at Home

4520 Business Center Drive
Fairfield, CA 94534
NorthBay.org
707.646.3575
(See ad on page 12)

MASSAGE SERVICES

Your Home...Nursing Services

3188 Jefferson St.
Napa, CA 94558
www.yourhomenursing.com
707.224.7780
(See ad on page 26)

MEDICAL ALARMS

LIFELINE

1425 N. McDowell Blvd., #103
Petaluma, CA 94954
707.778.7883 or 1.800.949.2434
(See ad on page 30)

**MEDICAL EQUIPMENT /
SUPPLIES**

Benicia Senior Center

Free loans of walkers, canes,
crutches, commodes, shower
benches.
707.745.1202

Dixon Senior Center

201 S. Fifth St., Dixon
Free rentals of canes, wheelchairs,
crutches and other equipment.
707.678.7022

I Feel Good Medical

1113 Texas Street
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We carry ALL medical supplies.
lfgmedical.net
707.426.2211
(See ad on page 30)



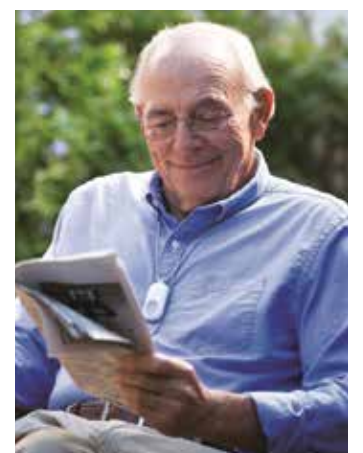
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MEDICATION DISPENSING SERVICE
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Petaluma, CA 94954
707.778.7883 or 1.800.949.2434
(See ad on page 30)

MEMORY CARE

(See Alzheimer's Care on Page 20)

MOVING SERVICES/DOWNSIZING ESTATE DISPERSAL
Solano-Napa Habitat Store

104 Commerce Ct.
Fairfield, CA 94534
707.863.0692

NURSING HOMES / REHABILITATION CENTERS
Laurel Creek Health Center

Paradise Valley Estates
2800 Estates Dr.
Fairfield, CA 94533
707.432.1203
(See ad on page 11)

Windsor Vallejo Care Center

2200 Tuolumne St.
Vallejo, CA 94591
www.windsorcares.com
707.644.7401
(See ad on page 32)

NURSING HOME COMPLAINTS

California Advocates for Nursing Home Reform (CANHR)
650 Harrison St.
San Francisco, CA 94107
www.cahn.org
800.474.1116

Ombudsman Services of Northern California

Solano County
707.644.4194 or 800.644-4194

PLACEMENT SERVICES
ABBA In-Home Care Services

3860 Broadway St., Suite 103
American Canyon, CA
866.732.2273
(See ad on page 24)

ApexCare

1981-B Alamo Dr.
Vacaville, CA 95687
www.apexcare.com
707.320.9208 or 877.916.9111
(See ad on page 25)

Care Patrol

P.O. Box 2593
Napa, CA 94558
www.carepatrol.com
ernie@carepatrol.com
415.408.6097

Helping Hands Senior Resources

313 Kendal St., #A
Vacaville, CA 95688
707.451.8724
(See ad on page 27)

Love & Joy Senior Care Services

340 Northrup Lane
American Canyon, CA 94503
707.342.5613
(See ad on page 24)

RESPIRE CARE (Out of Home)
Area Agency on Aging

Family Caregiver Support Program
707.643.1797 or 1.800.510.2020
(See ad on page 7)

Collabria Care

Will pick up from portions of Vallejo and American Canyon.
414 S. Jefferson St.
Napa, CA 94559
707.258.9080

Vista Prado

105 Power Dr.
Vallejo, CA 94589
www.camino-alto.com
707.643.7617
(See ad on page 20)

Pacifica Senior Living of Vacaville

431 Nut Tree Road
Vacaville, CA 95687
707.449.1350
(See ad on page 23)

Fairfield Senior Day Program

1200 Civic Center Drive, Fairfield
707.428.7654 or 707.428.7742

NorthBay Adult Day Center

3777 Vaca Valley Parkway
Vacaville, CA 95687
Monday-Friday, 7 a.m.-7 p.m.
Northbay.org
707.624.7970
(See ad on page 12)

SUPPORT GROUPS
FAIRFIELD:
Al-Anon

Monday and Fridays, 8:00 p.m.
Grace Episcopal Church
First St. and Kentucky Ave.
Fairfield, CA
707.452.9444

Caring and Sharing

Fairfield Senior Center
1200 Civic Center Dr.
Mondays, 9:30 a.m. - 11 a.m.
707.469.6675

Brain Flexers

Suisun Senior Center
318 Merganser
Fees on a sliding scale
Tuesd and Thurs, 10 a.m.-2 p.m.
707.421.7203

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 Drive, Fairfield
707.363.7937

Gay and Grey

LGBTQ Support Group
3rd Tuesday, 12:30-2 p.m.
Solano Pride Center
1234 Empire St., Suite 1560
707.207.3430

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
707.422.7767

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:
707.469.6668

VACAVILLE:
Al-Anon

Fridays, 7 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.
707.448.5055

Alzheimer's Support Group

Vaca Valley Hospital
3777-B VacaValley Parkway
Vacaville, CA 95688
Meets 2nd Wednesday of each month, 7-9 p.m.
707.624.7971

Alzheimer's Support Group

4th Wednesday, 6-7 p.m.
McBride Senior Center
91 Town Square Place, Vacaville
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
707.469.6620

SUPPORT GROUPS, cont.

Diabetes Support Group

1st Thursday, 3-4 p.m.
VacaValley Health Plaza
1010 Nut Tree Rd., Suite 290
707.624.8230

Stroke Support Group

3rd Tuesday, 10 - 11:30 a.m.
NorthBay Vacavalley Health Center
1010 Nut Tree Rd. Suite 240 or 290
Vacaville
707.646.4034

VALLEJO:

Arthritis Support Group

Thursdays, 2 p.m.
Florence Douglas Senior Center
707.642.1044

Brain Fitness Group

2nd and 4th Tuesdays, 1-2:30 p.m.
Charge: \$5 a month
Florence Douglas Senior Center
707.643.1044

Cancer Support Group

3rd Wednesday, 4-6 p.m.
Sutter Solano Medical Center
Medical Staff Meeting Room
100 Hospital Drive
Info: 707.554.5326

Caregivers Support Group

2nd and 4th Tuesday, 10:30-noon
Florence Douglas Senior Center
Terry Ann Steffen: 707.643.1797

Caring and Sharing

Tuesdays, 9-10 a.m.
Florence Douglas Senior Center
Susan Okun: 707.643.2067
Lois Harper: 707.649.9150

Gay and Grey

LGBTQ Seniors Group
3rd Friday, 12:30-2 p.m.
Florence Douglas Senior Center
333 Amador
707.207.3430

Pet Loss Support Group

400 New Bedford Dr.
Vallejo, CA
707.557.8595

Sisters Survivors of Solano County

2nd Thursday, 6:30 - 8:30 p.m.
2525 Flosden Rd., American Canyon
(does not meet in April or August)
Info: 707.642.6066

United Ostomy Association Meeting and Support Group

3rd Wednesday, 7-9 p.m.
Kaiser Vallejo Medical Office Building
Conference Room A & B
Info: 707.422.6363

Southern Solano Breast Cancer Support Group

Last Wednesday, 5-7 p.m.
Pace Building
1330 Georgia St.
Info: 707.552.0567

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
707.649.2260

TELEPHONE SUPPORT GROUPS

Senior Center Without Walls

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.
707.469.6675

Benicia Senior Center

Telecare every morning calls a list of shut-ins or those who are alone to check up on them.
187 East L St., Benicia
707.745.1202

LIFELINE

1425 N. McDowell Blvd., #103
Petaluma, CA 94954
707.778.7883 or 1.800.949.2434
(See ad on page 30)

Vacaville Telecare Service

Provides a FREE daily phone call to seniors living alone. Cell Phone. Free phones for emergency use.
707.448.2273

(continued on page 33)

YES! Please contact me for advertising in the Born to Age 2019 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



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

How to Safely Dispose Unused Medications



Throwing medications into the garbage, flushing or pouring down a drain, can harm people, wildlife and the environment.

Medications are water-soluble. When they are flushed or poured down a drain they pass through the wastewater treatment facilities and wind up on local streams.

Numerous studies find more drugs in our water, than we could ever imagine. Our bodies also release them when we urinate. The pharmaceuticals are affecting fish, frogs and lobsters. Small amounts of estrogen, for example, cause male fish to develop eggs.

But the impact on human health? Don't know, yet.

So, be safe.

Take unused medications to these FREE drug collection site:

Vallejo:

Vallejo Police Department,
111 Amador Street,
Mon-Thrus, 9:30 a.m. to 5:00 p.m.

The next Prescription Drug Take Back day in Solano County will be Saturday, October 28, 2017.

Medications that are not expired can be sent directly to World Medical Relief for use in their prescription program for seniors and overseas medical missions:

World Medical Relief
11745 Rosa Parks Blvd.
Detroit, MI 58206

www.worldmedicalrelief.org

As a last resort, medications can be put in the trash. Please use the following guidelines:

Liquids:

Empty liquid medications onto absorbent paper towels, rags and put in trash

Pills:

Crush, break or dampen pills. Mix with kitty litter or coffee grounds to make unusable.

Propellant Inhaler:

Empty container by expelling all the propellant. Put empty cylinder into trash.



Anita Semple, FNP; Katherine Amacher, DO; Maggie Perri, Medical Assistant Office Manager; and Gail Perri, Office Assistant

- Triple Board Certified American Board Specialties
- Retired Air Force Physician
- Internal Medicine
- Geriatric Medicine
- Hospice and Palliative Care
- Specializing in Complex Case Management
- Visits at assisted living facilities, Board & Care and Nursing Homes

**Homebound Patient Visits
in Solano County**

707-451-4111

313 Kendal Street, Suite B, Vacaville, CA 95688
Monday through Friday 9:00 a.m. to 5:00 p.m



For information on medication drop-off locations,
call your local Recycling Coordinator at:

707-784-6765

TRANSPORTATION

American Cancer Society

744 Empire St., Suite 206
Fairfield, CA 94533
800.227.2345

Rides to and from doctor's appointments only. Must call a minimum of 4 days in advance.

Murphy Medical Transportation

2349 N. Watney Way
Fairfield, CA 94533
Murphymedicaltransportation.com
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

The Solano Mobility Call Center is your one-stop information center for transportation and mobility services in Solano County.
800.535.6883
(See ad on page 36)

BENICIA:

Benicia Reduced Taxi Fare

707.746.4225

Benicia Yellow Cab

Wheelchair transportation available throughout Solano County and Bay Area.
707.745.4040

Sol Trans Bus Services

Sol Trans provides a free shuttle to the senior center for all Benicia residents.
707.648.4666

DIXON:

Dixon Read-Ride

Provides rides within Dixon city limits. Discounted tickets available at riding to and from the Center, can be purchased at the Dixon Senior Center.
707.678.5020

(continued on page 35)

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:



KAISER PERMANENTE®

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

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



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For more information about our meal programs, how to donate, or to volunteer
Visit: www.mealsonwheelssolano.org or call (707) 425-0638

Volunteer Opportunities



Faith In Action 707.469.6675

Volunteers needed to assist homebound elderly.

Florence Douglas Senior Center 707.643.1044

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

Meals on Wheels of Solano 707.425.0638

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

NorthBay Hospice & Bereavement 707.646.3595

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 707.644.4194 (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 707.432.1995

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

Volunteer Center of Solano County www.volunteersolano.org 707.422.2232

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 www.yolohospice.org (800) 491.7711 530.601.5754

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 707.449.5434

FAIRFIELD:

Volunteer Driver Program

Rides available to the Fairfield Senior Center, doctor, dentist and pharmacy.,
Monday-Thursday, 8:30-2 p.m.
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707.428.7556

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Faith in Action

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707.469.6667

Vacaville City Coach

www.citycoach.com
707.449.6000

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.
707.648.4345

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.

Telephone 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

707.562.8218 or 707.562.8200

Helping Hands Senior Resources

313 Kendal St. #A
Vacaville, CA 95688
707.451.8724
(See ad on page 27)

Veterans of Foreign Wars

707.252.0701

Veteran Solano County

Service Office, Fairfield
275 Texas St.
Fairfield, CA 94533
707.784.6590

(continued on page 36)

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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.

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
707.428.2080

Vallejo:
480 Redwood St., Suite 40
707.448.4010

Guide Dogs for the Blind

359 Los Ranchitas Rd.
San Rafael, CA
800.295.4050

Solano Council for the Blind

3rd Thursday, 10 a.m. - 1 p.m.
Denny's
1701 E. Monte Vista Ave., Vacaville
Diane Phelps: 707.446.1333

WELLNESS CHECKS

Daily wellness checks by Vacaville Police Department. For information & application call 707.469.4747

Chronic Disease Self-Management Program

Area Agency on Aging
Serving Napa and Solano
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.
707.644.6612
(See ad on page 7)

WIGS

American Cancer Society
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707.425.5006

WOUND CARE

NorthBay Center for Wound Care

1010 Nut Tree Rd., Suite 100
Vacaville
707.624.7979

5140 Business Center Dr., Suite 100

Fairfield
707.624.7979

(See ad on page 12)

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Napa, CA 94558
www.yourhomenursing.com
707.224.7780

(See ad on page 26)

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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.

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.

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.

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.

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

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.



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(800) 535-6883

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Senior Safe Driving Information
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Transit Trip Planning
Transportation Maps and Schedules
Travel Training
Vanpool and Carpool Programs
Volunteer Driver Program

**Solano Mobility Call Center
Phone Hours**

Weekdays 7am - 5pm

In-person help available at the
Transportation Info Depot
Suisun City Train Depot
177 Main Street, Suisun City
Weekdays 7am - 3pm



 **(800) 535-6883**
solanomobility.org


Solano Transportation Authority

For document translation please call:
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Para sa mga dokumento tawag sa pagsasalin:
Đối với tài liệu gọi dịch:
對於文檔翻譯電話
707-399-3239

**Veteran's Administration information
is available at:
www.veteransaid.org**



Final Wishes: Index to Articles

End of Life Doulas - Trending to the Future.....	40
Ways to Finance Long Term Care	41
Opinion: Right to Die.....	42
Consumer Protection Price Survey on Death Arrangements - Solano County	43

CREMATION AND BURIAL SERVICES

Acacia Cremation and Burial Society

2045 Camel Rd.
Benicia, CA 94510
Acaciasociety.com
925.775.4462

Alta Vista Main Street Chapel

901 Main St.
Suisun, CA
925.228.1500

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
Colonialchapels.net
707.643.0391
(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
707.446.3233
(See ad on page 39)

BEREAVEMENT / GRIEF SUPPORT GROUPS

FAIRFIELD:

Bereavement Support Group

NorthBay Hospice
4520 Business Center Dr.
Fairfield, CA 94534
707.646.3517

NorthBay Adult Day Center

707.454.3112
(See ad on page 12)

Grief Counseling for Seniors

Thursdays, 1:30 - 3:00 pm
Florence Douglas Senior Center
333 Amador St., Vallejo
707.643.1844

VACAVILLE:

GriefShare

Meets Sundays, 3-4:30 p.m.
September-June
New Hope Christian Fellowship
730 E. Main St., Vacaville
707.446.4051

Kaiser Grief Support

Groups are available in Vallejo and Vacaville.

Vacaville:

Thursdays, 10:30 am - noon
1 Quality Dr., Vacaville

Vallejo:

Wednesday, 3:00 - 4:30 pm
Park Place Building, Vallejo
707.645.2106

YOLO COUNTY:

Adult and Children's Bereavement Support Groups

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Thursdays, 4-5 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, Suite A
Davis, CA 95618
www.yolohospice.org
Call for group times and locations:
800.491.7711 or 530.601.5756

Yolo Hospice Adult Grief Support Groups

Drop-in or 6-8 week groups
1909 Galileo Court, Suite A
Davis, CA 95618
www.yolohospice.org
Call for group times and locations:
800.491.7711 or 530.601.5756
(See ad on Inside Front Cover)

ESTATE ADMINISTRATION

Jim Nord

Trust and Probate Administration
nord@napatrust.com
707.255.5429
(See ad on page 19)

Pacific Fiduciary Services

Thomas J. Kiernan, CLPF
P.O. Box 2947
Suisun City, CA 94585
Email: toma@pacfid.com
707.426.0926
(See ad on page 9)

HOSPICE SERVICES

NorthBay Hospice & Bereavement

4520 Business Center Drive
Fairfield, CA 94534
707.646.3595

VITAS Innovative Hospice

210 Gateway Oaks Dr., Suite 100s
Sacramento, CA 95833
www.vitas.com
916.925.7010
(See ad on page 5)

Yolo Hospice

Serving Solano County families for more than 30 years.
1909 Galileo Court, Ste A
Davis, CA 95618
www.yolohospice.org
800.491.7711
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No longer do I hunt for targets
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and for every foolhardy choice ...

I wave goodbye to the absolutes
and send my regards to infinity
I'd rather be blithe than correct

Until something transcendent turns up
I splash in my poetry puddle
and try to keep God amused"

~ Gaea Yudron, *Sages Play*



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END OF LIFE DOULAS...TRENDING TO THE FUTURE

While few people have even heard of the term, “End-of-Life Doula,” it is a newly emerging practice providing support to the dying at home. In the San Francisco Bay area, these doulas are mostly working as volunteers at hospices, and have yet to be embraced by the end of life industry as a basic precept of care. While most insurances will pay for hospice care...doulas are still outside that scope of care. Similar to birthing doulas, an end-of-life doula will sit with the actively dying person, and be with their family throughout the experience.

Lori Goldwyn of Pt. Richmond, Ca, left her career as a birth doula, to train for another sort of care about two years ago. She believes she had “calling” for the work.

“I was feeling something was missing in my life, and thought maybe I should become a chaplain. I wanted to be more than a friendly visitor,” she remembers. “And then I read about the end-of-life doula.”

About two years ago, in New Jersey, Jamie Rakow started a training program for these doulas, and formed an organization, the International End-Of-Life Doula Association. Her three-day trainings are held throughout the United States, and after Goldwyn was trained, she became an active volunteer at an area hospice. She hopes, one day, that doulas will become recognized as staff of these agencies, as well.

Rakow knows of no hospice utilizing doulas in a professional capacity, though doulas can be hired privately by a family.

“The field now is what birth doulas were like 25 years ago,” said Rakow, pointing out that the way hospices are currently structured for insurance

payment reimbursements doesn’t really work well with the ways doulas support a family or dying person.

Doulas, for example, sit vigil, 24-hours, around the clock during active dying. They are also constantly present whenever necessary. For example, “we try to find out everything we can about the family and circumstances so that we can create a blueprint on how someone wants to live out the last days of their life,” she said.

While many hospices have developed some sort of “No One Dies Alone,” program, Rakow sees the doulas in a different light.

“Doulas offer a much deeper, richer program,” she said.

Yet, Goldwyn agrees, that it’s been a challenge to be recognized by some hospices. For one, many people don’t

want to pay out-of-pocket for a service that comes under the umbrella of end-of-life care, but is not included as a hospice benefit. Though she offers a sliding scale and hopes to make her services available to everyone, most of her work has been as an unpaid Hospice volunteer.

“Doulas don’t provide the same services as a hospice volunteer or chaplain,” says Goldwyn. “We complement these services. We do more. We develop ongoing relationships, and we can be there more often and stay longer.”

For example, Goldwyn helps with life review, legacy work and establishes close relationships with the family in helping to reduce anxiety and fear.

“We work with family and patients to ‘hold that space,’ and the family feels our support,” she says.

Her work with birthing, Goldwyn believes, has also made her more conscious of the dying process.

“I guide people through the entrance and exit. It’s a door between worlds, and we are not in control of it. It’s also the biggest mystery we have in this life.”

As more people choose to die at home, and the hospice industry continues to grow, Goldwyn wants to make sure that people have choices in who will sit at bedside and provide the comfort they need.

“Right now, some hospices fall short of providing this type of care. Hospice has become a big business and there’s so much work to be done in educating and supporting families.”



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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 \$27-32 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 \$3,500 to \$5,000 for semi-private and/or private room, and assisted living can run between \$5,500-\$7,000 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



WAYS TO FINANCE LONG TERM CARE

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.

OPINION: RIGHT TO DIE

By Susan Upchurch

(Susan lives in Sebastapol, CA and this article was reprinted with her permission.)

My close friend passed away last weekend, following a diagnosis with terminal bone cancer. As his Durable Power of Attorney for Health Care, I worked with friends, family, caregivers and the hospice to ensure that his medical needs were addressed. He suffered debilitating pain and the mental impacts of high dose pain management medication. Twenty-four hour care was required during his last week of life.

When I signed on as his decision-maker many years ago, my friend made it very clear that he wanted to have control over his end. He did not want to decline into a mental fog state. Most importantly, he did not want to suffer,

In June, 2016, the California End of Life Option Act became law. My friend was an intellectual, and politically active his entire life. I found a folder in his files indicating that he followed the progress of this law from inception, to adoption. For someone in his situation, where the prognosis is definitively terminal, this law allows the choice to take a lethal dosage of medication.

Sadly, there is an inherent conflict between the medical community and the law. The American Medical Association has a formal ethics policy prohibiting physicians from assisting patients with end

of life options. This policy extends to informing patients of the availability of aid in dying programs and protocols.

As a result, when he left the hospital, there was no discussion of the formal steps required to exercise this option. He did discuss the end-of-life choice with both his primary care physician, and the discharging physician. He thought these discussions were adequate to being the process.

They were not.

The Aid in Dying protocol requires witnessed paperwork, multiple physicians to certify that the patient is of sound and not under influence to make this choice, and most important, a 15-day waiting period.

After discharge, he entered hospice care. Then he waited the 15 days to pass, and asked for the lethal dose to be ordered. He was ready to die.

Unfortunately, we found that the formal process and the 15-day clock had not begun.

So began the most frustrating and disappointing final week of his life. While I helped procure the required documents and made the appointments needed begin the 15-day waiting period, he repeatedly asked his friends and family to help him commit suicide. The declaration of his intent, and his 24-care meant that this was not possible. Anyone who assisted him, or left him with access to his medications could be charged with a crime.

He was scheduled to take his life ending medication on May 26. Over the weekend, he fell and hit his head. Slipping into a coma, he drew his last breath on Sunday. That traumatic event meant his suffering was finally at an end.

I share his story in the hope that others can avoid this distress. Had my friend been informed of the steps necessary for this option, at the time of his diagnosis, he would have been able to live life on his terms, and end it the same way.

In order to take advantage of the new law, the following is required:

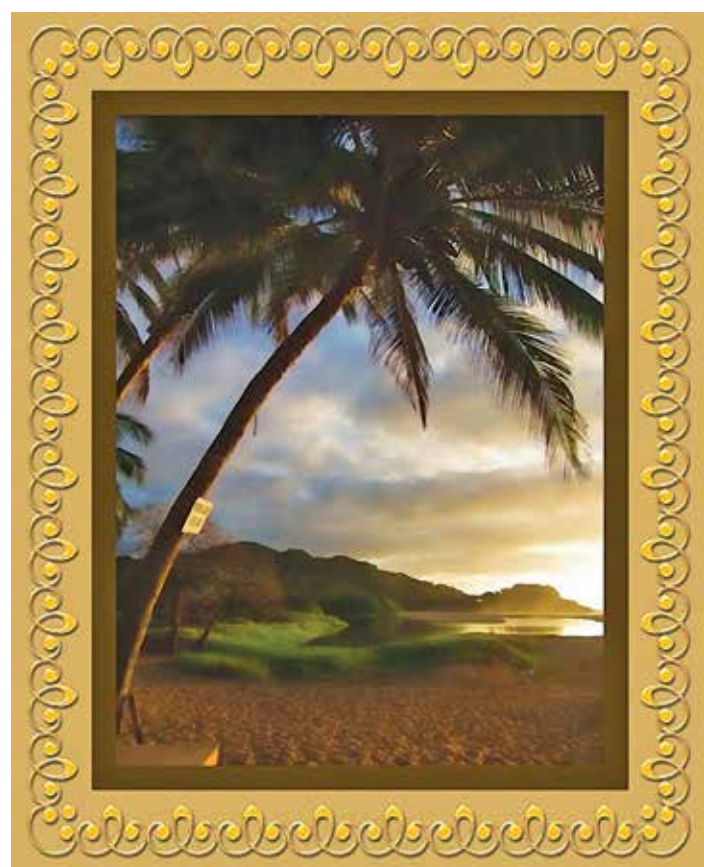
1. The document must be signed by the patients and witnessed by two people.
2. A doctor must confirm the terminal diagnosis and have a discussion with the patient, who must be of sound mind. This first doctor's visit begins the 15-day waiting period.

3. No sooner than 72 hours after the first visit, a second doctor must confirm the terminal condition and competency of the patient.

4. On day 15, a physician phone consultatin must confirm that the patient is of sound mind and intent. Then, the medication can be ordered and delivered. The patient must be able to take the medication on their own, without assistance.

The protocol can being at diagnosis. The final phone call and delivery of medication can wait until the person is ready for that step.

(Ed. Note. In the first year after the law took effect in June 2016, at least 504 terminally ill Californians received prescriptions for life-ending drugs, according the Compassion & Choices, the nonprofit group that advocated for the law. It is not clear how many of those patients actually ended their lives.)



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	\$3545	Included	Included	\$35	\$3585
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	\$2145	Included	Included	Included	\$35	\$2180	\$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	\$35	\$1535	\$1560	\$700	Included	\$35	\$2295
Alta Vista	\$775	Included	Included	Included	Included	\$810	\$1200	Included	Included	\$35	\$1235
Acacia Cremation Burial	\$699	Included	Included	Included	Included	\$734	\$2235	Included	Included	\$35	\$2270

In updating this survey for 2018, 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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