



The Aging Advocate

A Publication of the INCOG Area Agency on Aging



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Be a Senior Advocate Activist

Advocacy is defined as “the act of pleading for, supporting, or recommending a cause or proposal.” INCOG Area Agency on Aging (IAAA) supports opportunities to be an activist advocate through the annual Senior Day at the Capitol.

This year’s event was held on Monday, February 28. The day began bright and early at 6:30 am as two busloads of seniors headed to Oklahoma City. Speakers presented six bills for the attendees to focus on. In the role of an advocate, seniors made a commitment to educate themselves about the bills, meet as many legislators as possible and to advocate vigorously on the bills featured and encourage others to do the same.

As an advocate, you are only an email or phone call away from contacting the people making decisions affecting senior citizens. You can visit the www.oklegislature.gov website or call the House at 1.800.522.8502 or the Senate at 405.524.0126.

IAAA encourages everyone to keep a close eye on two bills in particular:

HB1282. Rep David Dank, R- Oklahoma City. Clarifies language related to the definition of “long-term care administrator,” adding the terms “certified nursing facility administrator,” “assisted living facility administrator,” “residential care facility administrator,” and “adult day care center administrator” to the list of those who qualify as long-term care administrators.

HB2002. Rep. Joe Dorman, D-Rush Springs. Directs the State Board of Health to include provisions requiring the availability of alternative power in assisted living centers that provide services to 50 or more individual & includes certain and waives.



Supporting Senior Citizen Independence, Dignity, and Health
in Creek, Osage, and Tulsa Counties

Chronic Disease Self-Management WORKSHOP

FREE!

If you are 60 years of age or older (or a caregiver) and have a disease such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety or if you are a caregiver for someone who does, this program will help you:

- **Feel Better.**
- **Be in Control.**
- **Do the things you want to do!**

This free workshop is 2 ½ hours a week for six weeks. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Skiatook Senior Center
4999 W. Rogers Blvd.
Skiatook, OK

June 7, 2011 thru July 12, 2011
Every Tuesday
1:00 pm to 3:30 pm

Space limited to 12 people. To learn more about this program
or to register for the program contact:

Dee Akin at 918.396.3320

Registration for this workshop is required.



A portion of the project costs are met by state and federal Older Americans Act funds from INCOG Area Agency on Aging and OKDHS Aging Services Division. The University of Oklahoma is an equal opportunity institution.



A Healthier You!

One of the goals of the IAAA is to help older adults be aware of the many issues of senior health. Information on living a healthier lifestyle is delivered through seminars, workshops, and individual counseling sessions.

Medication Management Workshop

The presentation will give you information about medications and important tips that everyone should know about how to use medications safely to prevent problems or side effects from them. Bring all of your medications both prescription and over-the-counter so the pharmacist and pharmacy students can review them and answer your questions.

Mannford Senior Center - March 16, 11:30 am

Owasso Community Center - April 6, 11:00 am

Bristow Senior Center - April 13, 10:30 am

Autumn Park (Bixby) - April 20, 11:45 am

Fall Prevention Seminar

A health care professional from OU Physicians will talk about what you can do to minimize your risk of falling. Topics covered will help you learn to remove any fall hazards in your residence and other things you can do to prevent falls.

Jordan Plaza I & II (Tulsa) - March 17, 2:30 pm

Mannford Senior Center - March 23, 11:30 am

Owasso Community Center - April 13, 11:00 am

Bristow Senior Center - April 6, 10:30 am

Autumn Park (Bixby) - April 27, 11:45 am

Pain Management Seminar

You will learn what you can do to manage pain, including how to talk your health care provider about your pain, understanding the basics of pain management including the emotional aspects and medicinal and non-medicinal options.

Park Village (Tulsa) - March 16, 11:30 am

Jordan Plaza I & II (Tulsa) - March 24, 2:30 pm

Owasso Community Center - April 20, 10:30 am

Bristow Senior Center - April 27, 10:30 am

Autumn Park (Bixby) - April 13, 11:45 am

Effective Communication with Your Health Care Provider Seminar

A health care professional from OU Community Medicine will talk about how you can communicate better with the health care system and with your health care provider. You will learn how to prepare for your health care visit by writing down important information, and how to make sure that you understand the information given by your health care provider.

Park Village (Tulsa) - March 23, 11:30 am

Jordan Plaza I & II (Tulsa) - March 31, 2:30 pm

Owasso Community Center - April 27, 11:00 am

Bristow Senior Center - April 20, 10:30 am

Autumn Park (Bixby) - April 6, 11:45 am

Brighten the Lives of Seniors by Volunteering as an Ombudsman

One vital function of the Ombudsman supervisors is to provide education to the community about the program's services. We all have the same goal, to help improve the residents' quality of life and quality of care in the community and long-term care facilities. In Creek, Osage, and Tulsa counties three Ombudsman supervisors are available to speak to hospitals, corporations, schools, churches, civic groups, and other organizations. Ombudsmen cover many topics in the presentations including: How to work with your Ombudsman, Abuse Prevention, Resident Rights, Adjustments to Living in Long Term Care, and Respecting Confidentiality.

IAAA has prepared a Directory of Licensed Facilities for Creek, Osage, and Tulsa counties. It contains the definition of Ombudsman. There are checklists to help you make a decision on choosing a long-term care facility, plus a listing of all the facilities in the three counties.

The program is supported by local volunteers committed to improving and enriching the lives of older persons living in long-term care facilities. IAAA provides local supervision and support for the volunteers and additional support is provided by State Ombudsman Program staff.

One of the most rewarding ways to make a difference in the lives of senior citizens is to become an Ombudsman Volunteer. It is estimated that 60% of all residents in long-term care facilities do not have any visitors. By becoming an ombudsman volunteer, and spending two hours per week visiting in one facility, you have an opportunity to brighten the lives of residents by being a listening ear, and advocating for the residents' rights.

For anyone interested in scheduling a 20-30 minute presentation, a two-day training in your community, or to obtain a copy of the directory, contact us: 918.596.7657, lbailey@incog.org; 918.596.7210, sstrecker@incog.org, or 918.596.7685, lsmiley@incog.org.



CENA Grants Announced for Regional Senior Centers

The Community Expansion of Nutrition Assistance (CENA) program is a state funded program designed to assist the Senior Centers in the IAAA region to provide life enriching services to older persons. CENA funds can be used for a variety of projects including construction, renovation, and equipment. The grants totaled nearly \$159,000. They are:

Broken Arrow - \$41,500; Carver (Tulsa) - \$4,358; Drumright - \$9,494; Eastside (Tulsa) - \$2,045; Fairfax - \$500; Glenpool - \$14,544; Hominy - \$5,000; Hulah - \$3,458; Kiefer - \$1,025; Mannford - \$16,041; McCord - \$2,867; Mounds - \$8,633; Oilton - \$4,900; Owasso - \$8,100; Pawhuska - \$3,712; Prue - \$9,750; Sand Springs - \$6,131; Shidler - \$500; Skiatook - \$500; Southminster (Tulsa) - \$5,443; Sperry - \$8,500; Asian American Senior Citizens (Tulsa) - \$1,896





Senior Farmers' Market Nutrition Program

Spring is coming—it's time you started benefitting from the local harvest! In recent years, community agricultural endeavors in Oklahoma have seen remarkable development. With the goals of promoting this development and enhancing senior nutrition, the Senior Farmers' Market Nutrition Program will provide a \$50.00 debit card to qualifying low-income seniors in Creek, Osage, and Tulsa counties. This card can be used to purchase fresh, nutritious, locally grown fruits, vegetables, herbs, and honey from farmers' markets, roadside stands, and community agricultural programs. Support local agriculture. Support your health!

Applications will be available April 1, 2011. To receive a mailed application, or for more information, please contact: Kelsey Ray at kray@incog.org or 918.579.9441.

Seniors Served During 2011 Snow Storm

We would like to extend a hearty "thank you" to area emergency personnel and Volunteer Central. These groups ensured that some of the most vulnerable citizens in our region received meals during the snow storm which dropped a record amount of snow and stranded many residents in their homes. These groups were also very helpful in delivering critical medications and transportation services to those in need of medical attention. Even during this disaster, area seniors were still remembered and cared for.

Know Sweat Offering Free Interior and Exterior Home Repairs!

This summer Know Sweat is partnering with the INCOG Area Agency on Aging to provide free home repairs. If you are a fixed income homeowner in need of interior or exterior repairs, don't let this opportunity pass you by! Exterior work includes weatherization, scraping/priming/painting, yard work, gutter cleaning, and the repair/building/replacement of stairs, porches, handrails, and ramps. Interior work includes laminate flooring replacement, drywall repair, general cleaning, and painting. Know Sweat is a program of CIY, Inc., a trusted ministry for over 40 years. Application deadline, March 25, 2011.

To request assistance, or for more information, please contact: Barbara McDonald at 918.579.9486.



Homemaker Services Available Now

The Community Care Division at Oxford HealthCare is now accepting applications for homemaker services. Seniors, age 60 and over, can receive assistance with light housecleaning, shopping, meal preparation, linen changes and laundry.

Applications are also being taken for caregiver respite. This program provides short-term temporary relief to caregivers of individuals age 60 and older who need a break from caregiving responsibilities. Caregivers can choose between Personal Care Respite, Companion Aide Respite, Adult Day Services and Voucher Respite Care. Grandparents, age 55 and older, who are raising grandchildren can apply for respite vouchers as well.

Applicants for these programs must reside in Tulsa, Creek or Osage Counties. A home assessment is completed to determine eligibility. Funding is provided through a federal grant under the Older Americans Act. Please call 918.258.1111 to make a referral.

As of February 2011, Kathy Noojin is the new Project Director at Oxford HealthCare's Community Care Department providing Homemaker and Caregiver Respite for Older Adults in Tulsa, Creek, and Osage counties.

