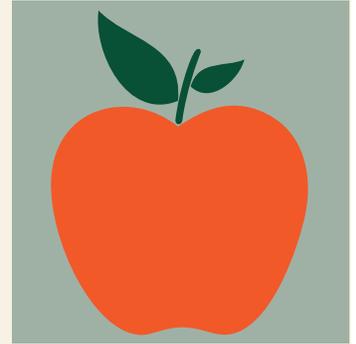


SILICON VALLEY HEALTH & WELLNESS EXPO



Saturday, November 2, 2013
10 a.m. - 1 p.m.

West Valley College, The Campus Center
14000 Fruitvale Avenue, Saratoga

FREE COMMUNITY EVENT

PRESENTED BY THE SARATOGA SENIOR CENTER AND EL CAMINO HOSPITAL

FEATURING

- Health education and resources for the aging population
- Flu shots and free health screenings
- Ask the Doctor booths, including specialists in orthopedics, urology, cardiology, cancer, sleep medicine, rehabilitation, and more
- Demonstrations of innovative health technology: GreenLight™ Laser Therapy and da Vinci® Surgical System
- Live cooking demonstrations, tastings, and take-home recipes

HEALTH INFORMATION ON A VARIETY OF TOPICS INCLUDING

- Senior living resources
- Exercise & wellness
- Financial planning
- Home health & hospice
- Community & social services
- Veterans information
- Transportation resources



SARATOGA AREA SENIOR CENTER
www.sascc.org



El Camino Hospital®
THE HOSPITAL OF SILICON VALLEY

www.elcaminohospital.org



SOURCEWISE

COMMUNITY RESOURCE SOLUTIONS

Previously Council on Aging Silicon Valley



YOUR Medicare & Medi-Cal is Changing. ARE YOU READY?

Don't miss this opportunity to receive updated information and answers to your Medicare & Medi-Cal questions. Hear from state officials and healthcare plan representatives about how these changes affect you. Log on to www.SCCDUALS.com for more information and to register for this FREE event!

3 Informational Topics to Choose From!

- **Cal MediConnect:**
A practical approach to making your decision and knowing what to look for in a health plan.
- **Medi-Cal:**
Learn about Medi-Cal eligibility, share-of-cost, and more.
- **Medicare:**
A brief overview, 2014 annual updates, and changes due to the Affordable Care Act.

For more information please call Sourcewise at
(408) 350-3200, option 2

Sourcewise is a Registered 501 (c)(3) Public Benefit Corporation.

To learn more and to register visit:

www.SCCDUALS.com

Seating is limited.

Friday, November 8, 2013

9 a.m. - 1 p.m.

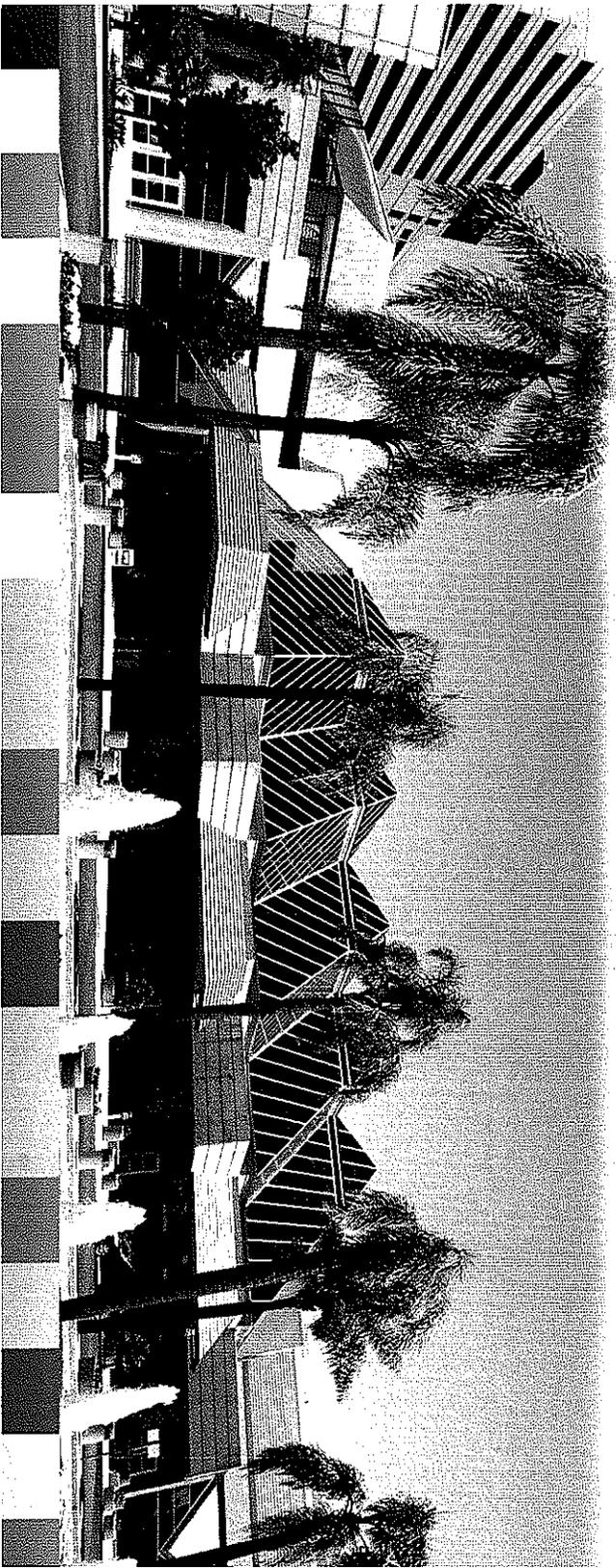
Santa Clara Convention Center

Exhibit Hall A

5001 Great America Parkway

Santa Clara, CA 95054

*Language Translation Services Provided!
Vietnamese, Spanish, Mandarin, and
American Sign Language*





Council on Aging Silicon Valley (COA) Information & Assistance Specialists provide information on programs, eligibility criteria, availability, and the procedures to obtain particular services for seniors and caregivers throughout Santa Clara County. I & A Specialists can also connect you directly to any of the available in-house services:

- Health Insurance Counseling
- Meals on Wheels
- Senior Employment
- Care Management
- Public Authority Services.

You may also browse the online resource directory which includes the following topics:

- Bereavement and Burial Assistance/End of Life
- Caregiver Support
- Disability Services and Products
- Financial Assistance
- Health/Medical
- Housing Options/Resources
- In-Home Services
- Support Groups
- Transportation

Phone: (408) 350-3200
Call Monday through Friday, 8 a.m.- 5 p.m.

Email: coasv@coasiliconvalley.com

Website: www.coasiliconvalley.com/ord



OUTREACH's Senior Outreach Program assists lower income seniors with obtaining services and benefits (Medicare, SSI, HEAP, IHSS, etc.) from public and private entities. Individualized assistance includes benefits' assessments, translations, and assistance obtaining and completing application forms.

Services are provided in client homes and locations where seniors naturally congregate-nutrition programs, senior centers and housing projects etc.

Phone: 408-436-2865, ext. 276

Website: <http://www.outreach1.org/>
Click on Senior Services.



211 Santa Clara County is the dialing code for free, non-emergency community, health and disaster information in Santa Clara County. Highly-trained Call Specialists can answer questions about a variety of nonprofit services and agencies. 211 is confidential, available in over 170 languages and **available 24 hours a day, 7 days a week.**

Phone: 211
Website: <http://www.211scc.org/>



**Department of
Aging and Adult Services**

The Social Services Agency's Department of Aging and Adult Services (DAAS) promotes a safe and independent lifestyle for seniors, dependent adults and the disabled through the delivery of protective services, quality nutrition and supportive in-home services. In addition, DAAS evaluates community needs, develops programs and services, and advises on matters of policy that concern the welfare of seniors and persons with disabilities.

Phone: 408-755-7600

Website: www.sccgov.org/daas

Adult Protective Services

Phone: 408-975-4900
24-Hour Report Line:
(800) 414-2002

In-Home Supportive Services

(Medi-Cal eligibility required)
Phone: 408-792-1600

Public Administrator/Guardian/Conservator

Phone: 408-755-7610

Senior Nutrition Program

Phone: 408-755-7680



The Health Trust's (THT) Healthy Aging Initiative works to ensure that older adults spend more years in good health and engaged as vital members of our community. Two of our programs are:

Senior Peer Advocate (SPA) program trains and certifies older adult volunteers to provide one-on-one *information and assistance* to their peers or family caregivers needing resources for:

- Transportation
- Housing
- Health Care
- Caregiving and Family support
- Social/Education Activities
- Legal services

SPA volunteers can be found at senior center locations in the County. These locations are posted on the THT website.

AGENTS for Change program enlists and trains volunteers for social action around issues that impact older adults' ability to live with dignity, choice and independence in the community.

Visit our website for information about either of these programs.

Phone: 408-513-8700

Website: <http://www.healthtrust.org/>
Click on the Healthy Aging Button

Caregiver Support

Catholic Charities Day Break Respite & Caregiver Support Services
408-325-5186
www.daybreakcares.org

Alzheimer's Association
650-926-8111
<http://www.alz.org/norcal/>

Avenidas-Palo Alto
650-289-5400
www.avenidas.org

Family Caregiver Alliance
800-445-8106
www.caregiver.org

Counseling

Almaden Valley Counseling Center
(Geriatric Advisory Program)
408-997-0200
www.avcounseling.com

Santa Clara County Mental Health Services
800-704-0900
www.sccgov.org/sites/mhd/

Elder Abuse

Adult Protective Services
408-755-7690
www.sccgov.org/aps

Long Term Care Ombudsman
Program Crisis Line
800-231-4024
www.catholiccharities.org

Financial & Legal

Senior Adults Legal Services (SALA)
408-295-5991
www.sala.org

Legal Aid Society of Santa Clara County
408-998-5200
www.legalaidsociety.org

Nutrition

Senior Nutrition Program
County of Santa Clara, Department of Aging
and Adult Services
408-755-7680
www.sccgov.org/snp

Santa Clara County Meals on Wheels
(A partnership between the County of Santa
Clara and Council on Aging Silicon Valley)
408-350-3246
www.sccgov.org/mow
www.coasilconvalley.org

The Health Trust Meals on Wheels
408-916-9870
www.healthtrust.org

Second Harvest Food Bank-Brown Bag
Program -800-984-3663
www.shfb.org/brownbag

Specific Populations

Asian Americans for Community
Involvement (ACCI)
408-975-2730
www.aaci.org

Billy DeFrank LGBT Community Center
408-293-3040
www.defrankcenter.org

Catholic Charities of Santa Clara County
408-468-0100
www.catholiccharitiesscc.org

India Community Center
408-934-1130
www.indiacc.org

Indian Health Center of SCC
408-445-3400
www.indianhealthcenter.org

Jewish Family Services of Silicon Valley
408-556-0600
www.jfssv.org

Korean American Senior Citizens League
408-247-0605

Portuguese Organization for Social Services
and Opportunities (POSSO)
408-293-0877
www.portuguesecenter.org

Self Help for the Elderly
408-961-7076
www.selfhelpelderly.org

Vietnamese Voluntary Foundation (VIVO)
408-532-7755
www.vietvoluntary.org

Veteran's Administration
800-455-0057
www.palo-alto.med.va.gov

Yu-Ai-Kai
408-294-2505
www.yuaikai.org

Transportation

Heart of the Valley, Services for Seniors
408-241-1571
www.servicesforseniors.org/

Outreach (available 24/7)
408-436-2865
www.outreach1.org

VTA Customer Service
408-321-2300
www.vta.org

A Good Place to Start



*Connections to Resources for
Older Adults
in
Santa Clara County*



Compiled by volunteers with

AGENTS for Change

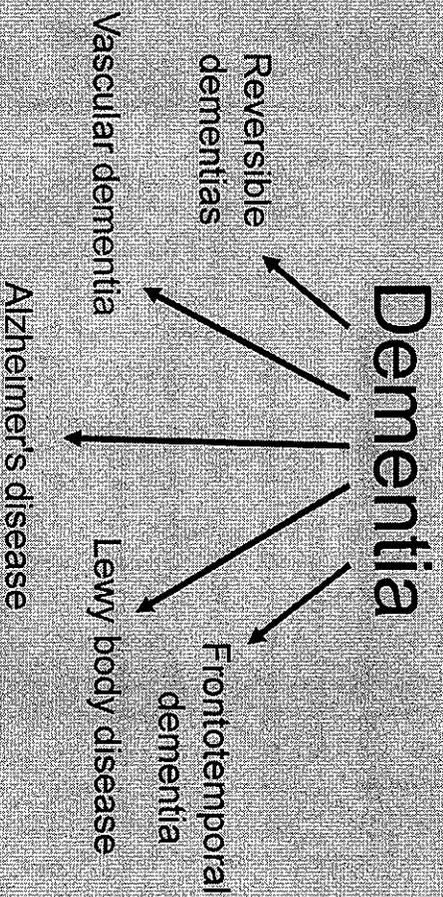
Summer 2013

Problematic changes

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble with visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

alzheimer's association

Understanding dementia



alzheimer's association

What is dementia?

basics

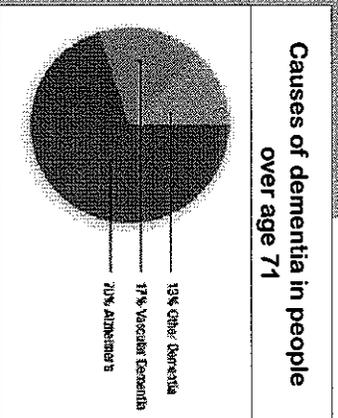
- Loss of cognitive functioning serious enough to interfere with daily functioning
- Causes changes in:
 - Memory
 - Language
 - Thought
 - Navigation
 - Behavior
 - Personality/Mood
 - Planning and Organizing

alzheimer's association

Irreversible types of dementia

basics

Causes of dementia in people over age 71



- Alzheimer's disease: the most common type
- Over 70% of people with dementia have Alzheimer's disease

alzheimer's association

What is Alzheimer's disease?

Alzheimer's disease:

- is a brain disorder
- is a progressive disease
- is the most common form of dementia
- has no cure
- is eventually fatal
- has been diagnosed in over 5 million Americans

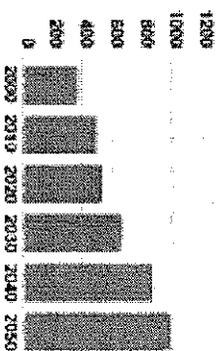
Facts and Figures

- Between now and 2030 -a doubling in the number of Californians living with AD.
- 1 in 8 baby boomers AD
- Latinos and APls with AD will triple by 2030
- African Americans will double by 2030

Alzheimer's Disease

78 million baby boomers began to turn 60 last year
 +
 The greatest risk factor for Alzheimer's is increasing age
 =
 Alzheimer's is *the* healthcare crisis of the 21st century

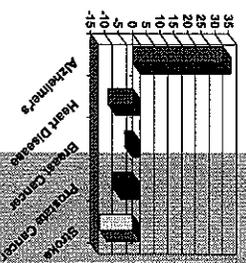
Estimated Number of New Alzheimer's Disease Cases (in Thousands)



Source: Hebert et al. (2001), Alzheimer's Disease Associated Disorders, 15(A), 169-173

Deaths by:

- Heart Disease - declined 8%
- Breast Cancer - declined 2.6%
- Prostate Cancer - declined 6.3%
- Stroke - declined 10.4%



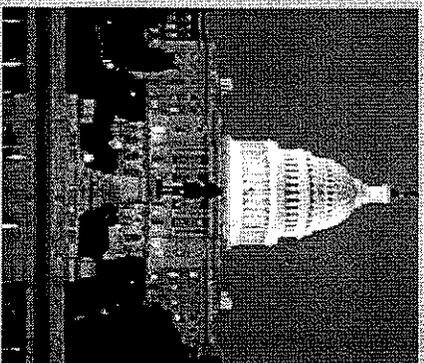
Programs and Services

- Educational programs for families and professionals
- 24-hour Helpline
- Information and Referral
- Care Consultations
- Support Groups
- Online Community
- Safety Services



alzheimer's association

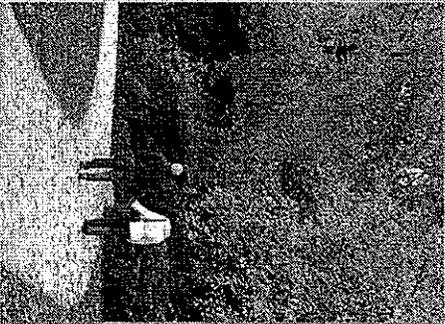
Make a difference!



WALK TO
END
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

alzheimer's association

Contact us!



- When Alzheimer's disease touches your life turn to us
- Nationwide 24-hour Helpline
 - Whether you need information or just want to talk, call us at 1.800.272.3900.
- www.alz.org
- Our award-winning Web site is a rich resource of evidence-based content

alzheimer's association

alzheimer's association

Thank you

