

SENIOR SERVICES

A nonprofit agency serving seniors

Senior Information & Assistance

1601 Second Avenue, Suite 800, Seattle WA 98101

ACCESS

A GUIDE TO RESOURCES

October 2000

End of Life Legal Issues

Most of us have mixed emotions about end of life issues. We may have vague ideas about how we hope to spend our last days. Or we may have very definite ideas about what we want, but we are uncomfortable talking about these matters with family and caregivers – or even with our medical providers.

A public television series on dying in America called *On Our Own Terms* aired the second week of September on KCTS. The broadcast raised our consciousness on many levels as it drove home the importance of planning and having our “affairs in order.” The result will be peace of mind for one’s self and one’s family.

Senior Services administers the Senior Rights Assistance Program (SRA), a peer-counseling program designed to offer information and education on a variety of legal topics. SRA has created a three-hour workshop dedicated to seniors, their families or caregivers who are interested in learning more about the legal aspect of end of life issues.

Participants will learn options for long-term care; discuss the importance of durable powers of attorney and advance directives (or living wills); receive basic information on estate planning, funerals and burials. Attendees will also receive a notebook with sample forms that can be adapted for individual situations. The goal of the program is to provide seniors with tools that can facilitate open discussion of what might be a difficult subject. The event is offered free of charge, see below for more information.

For those who missed the broadcast, the Southeast Senior Center will show the four part series, one part per week, in October. The dates are the first four Mondays, beginning at 10:00 am each week. The Southeast Senior Center is located at 4655 S. Holly Street in Seattle. To reserve space for viewing, please call the center at (206) 722-0317.

A Gentle Look At Our Own Mortality: A Symposium on End of Life Issues

Place: Central Area Senior Center
Address: 500 30th Avenue S
Seattle, WA 98144
Date: Sunday, October 1, 2000
Time: 1:00 - 4:00 pm

Reservations are required.
Call Senior Rights Assistance at
(206) 727-6216, (206) 727-6218,
or 1-800-972-9990

Flu Shots Delayed

A nation-wide problem with influenza vaccine production will cause a delay in the start of many flu shot clinics. Providers will schedule vaccination clinics as soon as vaccine availability is known. Clinics are typically held at senior centers and other community locations in October. However, the Centers for Disease Control point out that influenza vaccine administered after mid-November can still provide substantial protective benefits.

For updated information, contact your health care provider, visit www.getaflushot.com or call Senior Information and Assistance at (206) 448-3110 or 1-800-972-9990.





Caring for Frail & Disabled Adults Training

“Caring for Frail & Disabled Adults: Basic Training I & II” will be held Friday, September 22 and 29, 2000 at American Red Cross, 1900 25th Avenue S, Seattle. Professionals and specialists in their fields, currently working with older and/or disabled adults, will present workshops on cross-cultural awareness, Alzheimer’s Disease, elder abuse, Multiple Sclerosis, and Parkinson’s Disease.

For more information, call Washington Adult Day Services Association (WADSA) at (206) 461-3899 or 1-888-60-WADSA.



Prostate Cancer Education Class

Northwest Hospital is offering a free prostate cancer education class. The class will be held at North Seattle Alliance Church, 2150 N 122nd Street, Seattle, September 28, 6:00 - 7:30 pm. Topics include: Prostate Cancer: Treatment Options; and Improving your Chance of Surviving Prostate Cancer with Seed Implant Therapy. For more information call (206) 368-1564.



Promoting Men’s Health and The Aging Family

The Northwest Geriatric Education Center is ready to publish two new curriculum modules: “Promoting Men’s Health” and “The Aging Family.” Prior to going to press, the center is seeking comments and input. The module authors, John Gibson, DSW and Marty Richards, MSW, will each present an hour lecture followed by small group discussion to ask questions and offer comments. The workshop will be held Wednesday, October 4, 8:30 am - 12:00 noon. For more information please contact NWGEC at (206) 685-7578.



Legislative Forum 2000

“Critical Issues in Long Term Care” will be held Thursday, October 5, 2000, 9:00 am - 3:00 pm at Mount Zion Baptist Church, 1634 19th Avenue, Seattle. This event, sponsored by a number of health and human service organizations, will give participants an opportunity to discuss issues and inform key state legislators.

There is no fee, but registration is required and limited to 300 people. Lunch is provided thanks to generous support from AARP, Senior Services, and Aging and Disability Services.

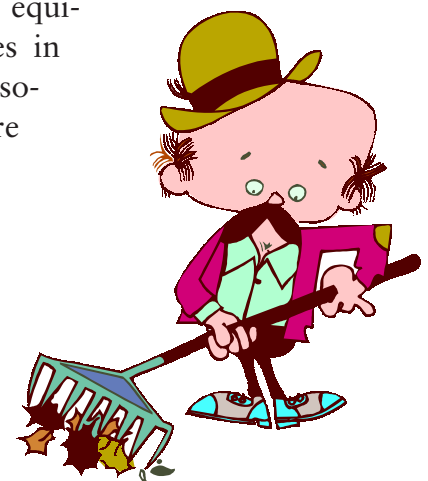
To register call Aging and Disability Services at (206) 233-7096 or register online at www.cityofseattle.net/hsd/1001/legislative_forum_2000.htm.



Building Equitable Workplaces

“Building Equitable Workplaces III: Diversity: The Bottom Line Issue of the 21st Century” will be held Thursday, October 12, 2000 at Providence Medical Center, Seattle and is sponsored by the Seattle Human Rights Commission and Seattle Office for Civil Rights.

This third annual hands-on conference will provide practical skills and strategies for organizations seeking innovative approaches to building more equitable workplaces in today’s diverse society. For more information please call (206) 684-4540.



VOLUNTEER OPPORTUNITIES



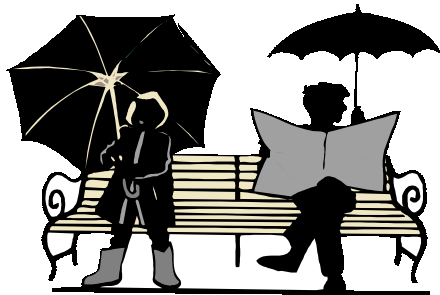
Auburn Food Bank

The Auburn Food Bank is seeking volunteers for a variety of positions including: receptionist, bagging and sorting of bulk foods, and miscellaneous other duties. If you are available for a minimum of five hours per week (one shift) and wish to offer your services, please contact Pam at (253) 804-5696 for more information.



Musicians wanted

Volunteer musicians are wanted to play and lead sing-a-longs for your frail clients at ElderHealth Northwest Adult Day Health Centers in Northgate, Columbia City or First Hill. For information call Pat at (206) 224-3790 or email [p l e w i s 8 @ hotmail.com](mailto:p.lewis8@hotmail.com).



Evergreen Hospice Services

Evergreen Hospice welcomes new applicants for its volunteer program. Volunteer opportunities exist in a wide range of areas, including, but not limited to direct patient support, bereavement support and administrative support. Orientation and training are provided at various times throughout the year. For more information about training schedules or to receive an application, contact Lisa Cole at (425) 899-1040.



Interfaith Caregivers

Interfaith Volunteer Caregivers, sponsored by Providence Marianwood, will be holding training classes at Providence Marianwood for potential volunteers on Thursday, October 12, Saturday, October 14, and Saturday, November 4, all from 9:00 am to 2:00 pm. Topics covered will be: Infection control; What it's like to live with a disability; How to be a good listener; Body mechanics and wheelchair safety; and Setting limits and boundaries.

Call Sally Farrell at (425) 391-2817 with questions or to RSVP.



Volunteer Chore Services

Volunteer Chore Services, a program of Catholic Community Services, is looking for people who can give one or two hours a week to help senior citizens and adults with disabilities living on a fixed income with chores, such as laundry, shopping, and light housework. Volunteers are matched with their neighbors and choose their own days and times they wish to volunteer. Evenings and weekends are available. Please call (206) 324-5247 or email VC@ccsww.org for more information.

O C T O B E R						
SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SENIOR CENTERS & PROGRAMS

The Hearthstone (206) 517-2204

- ◆ *Maximizing Your Listening Ability:* Audiologist Lisa Illich from Virginia Mason Listen for Life will speak, presented by Hearthstone Chapter of Self Help for Hard of Hearing people (SHHH). Tuesday, October 10, 10:00 am

Kirkland Senior Center (425) 828-1223

- ◆ *Tai Chi Chen Family Style:* Mondays, 6:30 - 7:30 pm
- ◆ *Approaching Menopause:* Thursday, October 26, 7:00 - 9:00 pm
- ◆ *Flu Shots:* Appointments required. Wednesday, October 25 & November 1, 9:00 am - 12:00 noon
- ◆ *How to Do Your Own Will:* Wednesday, October 11, 6:00 - 7:30 pm

Mercer Island Senior Adult Services (206) 230-0166

- ◆ *Low Vision Support Group:* Meetings held at Community Center at Mercer View, 8236 SE 24th Street, Mercer Island. Tuesdays, 2:00 - 3:30 pm. Topics include:
 - ◆ *Update on the Washington Council of the Blind:* October 10
 - ◆ *Group Meeting:* October 24
 - ◆ *Independent Living Skills & Leisure Interests:* November 14
 - ◆ *Group Meeting:* November 28

Northshore Senior Center (425) 487-2441

- ◆ *Pancake Breakfast:* Saturdays, October 2 & 16, 8:00 - 11:00 am
- ◆ *Too Good to be True: Telemarketing Scams:* Attend a free presentation sponsored by Eastside Legal Assistance and find out the difference between legitimate phone offers and fraudulent ones. Wednesday, October 25, 9:30 - 11:00 am

Northwest Senior Activity Center (206) 461-7811

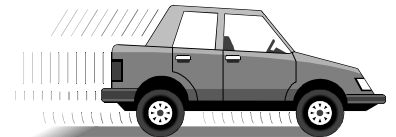
- ◆ *Financial Planning Seminar:* Wednesdays, October 11, 18 & 25, 10:30 am
- ◆ *Flu Shots:* Monday, October 30, 10:00 am - 1:00 pm
- ◆ *Blood Pressure Monitoring:* Wednesdays & Thursdays, 10:00 am - 12:30 pm

Sno Valley Senior Center (425) 333-4152

- ◆ *Yoga Class:* Thursdays, 9:30 am
- ◆ *Medicare Information:* Tuesday, October 10, 1:00 pm
- ◆ *Steak Dinner & Pie Auction:* Call for reservations. Saturday, October 14, seating at 4:30 & 6:00 pm

Southeast Seattle Senior Center (206) 722-0317

- ◆ *55 Alive Driving Course:* Overview of driving rules and defensive driving. Thursday & Friday, October 12 & 13, 10:00 am - 3:00 pm
- ◆ *Flu Shots:* Tuesday, Oct. 17, 1:00 - 3:00 pm
- ◆ *Caregivers Support:* Third Tuesday, October 17, 11:00 am
- ◆ *Lifetime Fitness:* Mon/Wed/Fri, call for times
- ◆ *Diabetic Support Group:* Mondays, 1:00 pm
- ◆ *Exploring Life Issues:* Mondays, 10:00 am
- ◆ *Low Vision Support Group:* Mondays, 1:00 pm
- ◆ *Today's Health: Osteoporosis Prevention:* Forth Mondays, October 23, 2:30 pm.



SENIOR CENTERS & PROGRAMS

Tallmadge Hamilton House - University Senior Activity Center (206) 524-0473

- ♦ *Hamilton-Up Exercise Group:* Tues/Wed/Thurs, 3:45 pm
- ♦ *Computer Lab:* Open for personal use and/or instruction, Tuesdays 1:00 - 4:00 pm and Fridays, 9:00 am - 12:00 noon
- ♦ *Nurse, by Appointment:* Mondays, 12:30 pm
- ♦ *Health Class:* 1st & 3rd Mondays, 1:00 pm
- ♦ *Low Vision Group:* 2nd & 4th Mondays, 10:00 - 11:00 am
- ♦ *Medicare Information.* 1st Tuesdays, 9:00 am - 12:00 noon, by appointment
- ♦ *Caregivers Support Group:* 1st Wednesdays, 1:30 pm at University Congregational Church
- ♦ *Legal Counseling.* 1st Wednesday from 9:30 am, by appointment

Senior Center of West Seattle (206) 722-4044

- ♦ *Computer Classes:* Topics include Computer Basics, Beginning Computer, Intro to Word Processing, Internet, & Online Investing. Call for dates and times.
- ♦ *Spanish Classes:* Mondays, 3:00 - 4:30 pm
- ♦ *The Pedal Pushers:* A weekly bike group. Call for date, time & location
- ♦ *55 Alive Defensive Driving Workshop:* Thursday & Friday, October 5 & 6, 12:30 - 4:30 pm
- ♦ *Appraisal Program with Antique Mall of West Seattle:* Wed-nesday, October 18, 12:30 pm

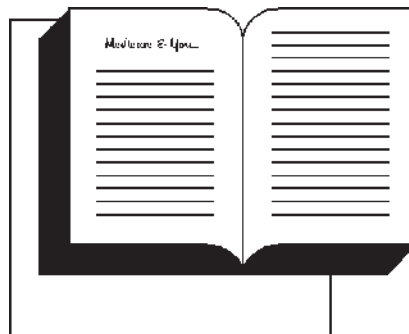


RESOURCES

Medicare & You 2001

The *Medicare & You 2001* Handbook from the Health Care Financing Administration is scheduled for delivery to the households of Medicare beneficiaries September 15th through October 15th, 2000.

Medicare & You 2001 is full of important and useful information about the Medicare program and provides answers to beneficiaries most frequently asked questions. The handbook contains information on covered services, out-of-pocket costs, health plan options, patients' rights, appeals, and how to help fight fraud and abuse. It also contains contact information for Medicare carriers and



intermediaries, state insurance counseling programs, peer review organizations and other agencies.

Medicare now covers more preventive benefits, such as annual mammograms, colon cancer and prostate cancer screenings and diabetes self-management training. Beneficiaries can find out more about these preventive benefits through the handbook.

Beneficiaries can also get accurate Medicare information by calling 1-800-MEDICARE (1-800-633-4227) or TTY/TDD 1-877-486-2048, between the 8:00 am and 4:30 pm, or by visiting their website at www.medicare.gov.



Managed Care Plans Withdraw from Medicare Contracts

For an estimated 17,000 senior citizens in King County, changes are coming. A number of Medicare Managed Care Providers have opted not to renew their Medicare contracts effective January 1, 2001. That means that people currently covered by those plans will no longer be covered after the end of the year.

Official notification letters of planned non-renewal will be sent October 2, 2000. What should you do if you are one of the many affected? First of all, don't panic; there are built-in protections for you while you make any needed changes. The Health Care Financing Administration (HCFA) has designated two different 63 day "guaranteed issue" periods when you can sign up for a new Medicare plan (plans A through G only) without being denied or having a waiting period due to a pre-existing condition. The first period begins with the official notification letter (October 2, 2000) and ends 63 days later on December 4, 2000. The second period begins the day current coverage ends (December 31, 2000) and ends 63 days later on March 4, 2001. If you are new to Medicare Managed Care, enrolled less than one year, you may have additional options if you act before the end of the year.

Remember, be careful about the timing of any actions you take. There is a 4 week window between December 4, 2000 and December 31,

2000 when the built-in protections are not in effect. It is disadvantageous to act during that window.

Even if you take no action, you still have some medical coverage. Those people who opt not to join another Medicare Managed Care Plan, will be automatically re-enrolled in traditional fee-for-service Medicare.

And there are other options besides Medicare Managed Care or traditional Medicare. Because you are being involuntarily terminated from your current plan, you are eligible for the Washington State Health Insurance Pool (WSHIP). Monthly premiums are based on your zip code and age. They tend to be costly, but they do include prescription coverage. In addition, there is also a new Medicare + Choice, a private fee-for-service, being offered in Washington state.

With all the choices available, it is not an easy decision to make. Thankfully, there is help available to explore your options. For King County residents, the volunteers at Senior Rights Assistance can review the specifics of your situation. The Senior Health Insurance Benefits Advisor office (SHIBA) is sponsoring informational meetings throughout the Puget Sound area specifically to address the options still available to you. It pays to do some research.

Resources

Senior Rights Assistance (SRA)	206-448-5720 or 1-800-972-9990
Senior Information and Assistance	206-448-3110
Senior Health Insurance Benefits Advisors (SHIBA)	1-800-397-4422
Washington State Health Insurance Pool (WSHIP)	1-800-877-5187 www.onlinehealthplan.com

HOSPITAL CLASSES & SUPPORT SERVICES

Please refer to the October calendar on page 3. Call to register.

Overlake Hospital Medical Center

Call (425) 688-5811 unless otherwise noted

- ♦ *Connections Fitness Orientation.* Monday, October 9, 12:00 - 1:00 pm; Overlake's Outpatient Center
- ♦ *Strength and Stretching.* Four Mondays, October 30 - November 20, 1:00 - 2:00 pm; Overlake's Outpatient Center
- ♦ *Dance for Health, Fun and Fitness.* Monday, October 2, 12:15 - 1:15 pm; location to be announced
- ♦ *Facts For a Fit Future.* Develop a safe fitness program. Monday, October 10, 1:00 - 2:00 pm; Overlake's Outpatient Center
- ♦ *Massage Your Head and Neck.* Monday, October 23, 1:00 - 2:00 pm; Overlake's Outpatient Center
- ♦ *Long-Term Care Insurance: What It Is, Why You Need It, What to Look For.* Saturday, Oct. 7, 9:00 am - 12:00 noon; Meydenbauer Conference Center, (206) 933-7155
- ♦ *Long-Term Care Insurance.* Tuesday, October 24, 9:45 am - 12:00 noon; Overlake's Conference Center Annex, (425) 688-5800
- ♦ *You and Your Aging Parent.* Tuesday, October 24, 7:00 - 8:30 pm; Overlake's Conference Center Annex, (425) 688-5800
- ♦ *Special: The ABC's of Alzheimer's.* Wed., October 18, 7:00 - 9:00 pm; Overlake Hospital Auditorium, (425) 688-5800
- ♦ *Organizing Your Personal Papers.* Thursday, October 12, 1:00 - 3:00 pm; Overlake's Conference Center Annex, (425) 688-5800
- ♦ *Stroke Screening.* Saturday, October 28, 9:00 am - 4:00 pm; (425) 688-5259
- ♦ *Hormone Replacement Therapy.* Monday, October 23, 1:00 - 2:30 pm; North Bellevue Community Senior Center, (425) 452-7681
- ♦ *Understanding Osteoporosis.* Wednesday, October 11, 11:30 am - 12:30 pm; Bellevue YMCA, (425) 746-9900

- ♦ *Living with Hearing Loss.* Monday, October 9, 10:15 - 11:30 am; Redmond Senior Center, (425) 556-2314
- ♦ *Dexterity and Seniors.* Wednesday, October 18, 12:45 - 2:00 pm; Kirkland Senior Center, (425) 828-1223
- ♦ *Understanding Cholesterol.* Tuesday, October 10, 10:30 - 11:30 am; Community Center at Mercer View, (206) 236-3545
- ♦ *Stroke Awareness.* Thursday, October 19, 12:30 - 1:30 pm; Stroum Jewish Community Center, (206) 232-7115
- ♦ *Walk for Life.* Every Mon/Wed/Fri, 8:00 - 9:30 am, Bellevue Square, (425) 688-5800

Evergreen Health Care

- ♦ *Colds, the Flu & Pneumonia:* Monday, October 2, 2:00 - 3:00 pm; Brittany Park, (425) 402-7100
- ♦ *55 Alive:* Improve your driving skills. Monday, October 2 & 9, 10:00 am - 2:30 pm; Evergreen Hospital Medical Center, and Wednesday, October 4 & 11, 10:00 am - 2:30 pm, Evergreen Medical Group, Sammamish, (425) 899-3000
- ♦ *Fall Prevention Program:* Monday, October 10, 12:30 - 1:30 pm; Northshore Senior Center, (425) 487-2441
- ♦ *Upset Stomach? Common Gastrointestinal Problems.* Monday, October 23, 12:30 - 1:30 pm; Evergreen Hospital Medical Center, (425) 899-3000
- ♦ *The Arthritis & Diet Connection.* Wednesday, October 25, 12:45 - 2:00 pm; Kirkland Senior Center, (425) 828-1223
- ♦ *Are You Covered?.* Learn about insurance and supplemental Medicare coverage. Monday, September 25, 12:30 - 1:30 pm; Evergreen Hospital, (425) 899-3000

On-going support groups:

- ♦ *Caregiving and Anticipatory Grief: Living in the Potential; Bereavement Series for Adults; Sudden and Traumatic Loss Support Group.* Call for times and location, (425) 899-1077

Senior Information and Assistance
(206) 448-3110 or 1-800-972-9990

TTY (206) 448-5025 FAX (206) 448-5748

Mayor's Office for Senior Citizens
(206) 684-0500

Volunteer Transportation for Seniors
(206) 448-5740 or 1-800-282-5815

Senior Rights Assistance
(206) 448-5720

Homesharing for Seniors
(206) 448-5725

Minor Home Repair Program
(206) 448-5751

African American Outreach Program
(206) 461-7816 or (206) 722-0317

Senior Information and Assistance publishes *ACCESS* monthly. All material is offered as information to readers. We do not warrant, endorse or recommend any provider, program, or product mentioned within.

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Send notices, press releases, and program news to:

ACCESS

1601 2nd Avenue, Suite 800, Seattle, WA 98101

(206) 448-3110 or 1-800-972-9990

TTY **(206) 448-5025** FAX **(206) 448-5748**

srinfo@seniorservices.org

STORY DEADLINE
for next issue (November) is **OCTOBER 5TH**
November *ACCESS* will be mailed to subscribers by October 25th



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