



AGING HORIZONS



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Aging Perspectives

by Charlie Rehbein

The holiday season is upon us and at the top of my Christmas wish list for work is the reauthorization of the Older Americans Act.

Congress passed the Older Americans Act (OAA) in 1965 in response to concern by policymakers about a lack of community social services for older persons. The original legislation established authority for grants to States for community planning and social services, research and development projects, and personnel training in the field of aging. The law also established the Administration on Aging (AoA) to administer programs established under the Act, any newly created grant programs and to serve as the Federal focal point on matters concerning older persons.

When the Older Americans was passed in 1965, Congress found and declared that, in keeping with the traditional American concept of the inherent dignity of the individual in our democratic society, the older people of our Nation are entitled to, and it is the joint and several duty and responsibility of the governments of the United States, of the several States and their political subdivisions, and of Indian tribes to assist our older people to secure equal opportunity to the full and free enjoyment of the following objectives:

- (1) An adequate income in retirement in accordance with the American standard of living.
- (2) The best possible physical and mental health which science can make available and without regard to economic status.
- (3) Obtaining and maintaining suitable housing, independently selected, designed and located with reference to special needs and available at costs which older citizens can afford.

- (4) Full restorative services for those who require institutional care, and a comprehensive array of community-based, long-term care services adequate to appropriately sustain older people in their communities and in their homes, including support to family members and other persons providing voluntary care to older individuals needing long-term care services.
- (5) Opportunity for employment with no discriminatory personnel practices because of age.
- (6) Retirement in health, honor, dignity—after years of contribution to the economy.
- (7) Participating in and contributing to meaningful activity within the widest range of civic, cultural, educational and training and recreational opportunities.
- (8) Efficient community services, including access to low cost transportation, which provide a choice in supported living arrangements and social assistance in a coordinated manner and which are readily available when needed, with emphasis on maintaining a continuum of care for vulnerable older individuals.
- (9) Immediate benefit from proven research knowledge which can sustain and improve health and happiness.
- (10) Freedom, independence, and the free exercise of individual initiative in planning and managing their own lives, full participation in the planning and operation of community based services and programs provided for their benefit, and protection against abuse, neglect, and exploitation.

Although older individuals may receive services under many other Federal programs, today the OAA is considered to be the major vehicle for the organization and delivery of social and nutrition services to this group and their caregivers. It authorizes a wide array of service programs through a national network, which in Montana is made up of area agencies on aging, Tribal organizations, county councils on aging, senior centers and numerous local service providers.

The Older Americans Act is foundational in providing a variety of core services designed to provide services to our elderly citizens that allow them to remain independent. It is important to get the Older Americans Act reauthorized!

“All I want for Christmas is the reauthorization of the Older Americans Act”



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*Wishing you and yours a very  
 Merry Christmas  
 And a  
 Happy New Year.*





# 47<sup>th</sup> Governors Conference on Aging and the annual Montana Gerontology Society Conference



The 2015 Governor’s Conference on Aging and the Montana Gerontology Society Conferences are teaming up to make one – 3 day event in Helena, Montana at the Red Lion Colonial Inn on May 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>.

The emphasis of the 2015 conference will be on Alzheimer’s and Related Diseases, Lifespan Respite Care and Montana’s Money Follows the Person grant. Highlights of topics to be covered include: Alzheimer’s disease, respite care, housing, mental health issues, Veterans directed home and community based services, legal documents and other topics related to aging and gerontology.

We will also be honoring Montana’s centenarians again at the conference and would like to be able to acknowledge our oldest citizen.

For more information regarding the conference go to our websites:

Governor’s Conference on Aging at:

<http://www.dphhs.mt.gov/sltc/services/aging/conference/index.shtml>

Montana Gerontology Society at: <http://www.montanagerontology.org/annual-conference-registration-montana-gerontology>

It is not too early to begin to plan on attending the 2015 Conference!



## It’s All About Helping Each Other



Do you know someone who is worried about how they’re going to keep up with their winter energy bills? When faced with all your monthly bills during these tough economic times, it can cause a person to lose sleep at night!

If that’s you or someone you know, call one of the numbers below to see what’s available for help. In Montana, it’s about neighbors helping neighbors. That “help” could be as simple as going with a friend to complete an application. Call now:

Montana Citizens’ Advocate at 1-800-332-2272  
Energy Share of Montana at 1-888-779-7589



Alzheimer's disease is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. This devastating, relentless and debilitating disease is the ultimate thief — of memories, independence, control, time and ultimately, life.

According to the Alzheimer's Association *2014 Alzheimer's Disease Facts and Figures* report, in the United States, more than 5 million people are living with Alzheimer's, including an estimated 18,000 Montana residents. In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion, including 48,000 caregivers in Montana, providing an estimated 54 million hours of unpaid care valued at more than \$677 million.

The Alzheimer's Association Montana Chapter helps people facing Alzheimer's disease throughout Montana through education and support programs, our 24/7 Helpline (800.272.3900) and online tools and resources available through [alz.org/montana](http://alz.org/montana). The Association also advocates for Alzheimer's-related legislative issues and to further research, provides critical leadership and funding to advance methods of treatment, prevention and, ultimately, a cure for Alzheimer's.

The Alzheimer's Association provides peer and professionally led **support groups** for caregivers and families dealing with Alzheimer's disease and related dementias. All Association support groups are facilitated by trained individuals helping families get the emotional support they need. In 2012, the Montana Chapter held a statewide support group facilitator training for new and existing support group leaders. Our online community has over 9,000 registered members from around the United States, and many more people who simply browse the stories and information that is offered 24-hours a day.

- **ALZConnected** an online social networking community to find support and friendship with others living with Alzheimer's. [www.alzconnected.org/](http://www.alzconnected.org/)
- **Green-Field Library** is the nation's largest library dedicated to Alzheimer's disease. [www.alz.org/library](http://www.alz.org/library)
- **Caregiver Center** offers online resources that will help you coordinate assistance from family and friends. [www.alz.org/care](http://www.alz.org/care)
- **TrialMatch** our clinical trial matching service. [www.alz.org/trialmatch](http://www.alz.org/trialmatch)
- **Alzheimer's Navigator** providing customized action plans for those with the disease and their caregivers. [www.alzheimersnavigator.org](http://www.alzheimersnavigator.org)
- **Community Resource Finder** offers local resources for community programs and services. [www.communityresourcefinder.org](http://www.communityresourcefinder.org)



**Walk to End Alzheimer's** are held each fall in Billings, Bozeman, Eureka, Great Falls, Kalispell, and Missoula. This past year, more than 1,500 walkers participated in the Promise Garden ceremony and the subsequent walk statewide. Participants not only have the opportunity for fellowship with other passionate volunteers, they also have the opportunity to learn more about the disease itself, caregiver tools, clinical trials and advocacy on the state and federal levels. These events raised \$193,000 for the largest private funder of Alzheimer's research.

With the number of Montanans living with Alzheimer's being projected at 27,000 in the year 2025, the Montana Chapter recognizes the urgency to increase our local reach and impact by promoting the utilization of Association education, support and referral services. Our focus is to continue to drive participation in existing services by increasing awareness of our resources. The Association partnered with the Billings Clinic Center for Translational Research and Big Sky Senior Services to form a statewide work group seek input for the development of a **state plan** [www.alz.org/stateplans](http://www.alz.org/stateplans) as Montana is currently one of six states without a plan for the most expensive disease in America.

For more information, please contact the Montana Chapter by phone at 406.252.3053 or email State Director Heidi Gibson at [montana@alz.org](mailto:montana@alz.org). Tax-deductible donations may be made online at [www.alz.org/montana](http://www.alz.org/montana) or mailed to 3010 11<sup>th</sup> Avenue North, Billings, MT 59101. Our vision is a world without Alzheimer's.

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### **Governor's Award for Excellence in Performance**

The Department of Public Health and Human Services recognized John McCrea on September 15, 2014.



John has worked with the Area Agencies on Aging and the Montana State Bar to develop legal clinics where senior citizens, whose income is below 250% of poverty, can get their wills, living wills, and other legal documents completed pro bono (free) by attorneys and/or paralegals with reviews by attorneys. In the past year, about 400 people received assistance in getting their legal documents completed. Without these clinics, many of the 400 could not or would not be able to have their legal documents.



# Montana Options Counseling

**Provide the information and decision making support to help individuals maintain an independent lifestyle, plan for long term care needs and live in dignity**

## What is Options Counseling?

Options Counseling is defined as a person-centered, interactive, decision-support process whereby individuals are supported in their deliberations to make informed long-term support choices in the context of their own preferences, strengths, and values. The process provided by the [Aging and Disability Resource Centers](#) will include developing action steps toward a goal or a LTSS plan, and, when requested, assistance in accessing supports options. It also includes follow-up with the individual. Options counseling is available to all persons regardless of their income or financial assets.

## Who are we serving?

Options Counseling is focused on all individuals:

- **Adults age 18 and older with a disability, their representative or caregiver**
- **Adults age 60 and older, their representative or caregiver**
- **Individuals of all incomes and assets are qualified to receive services regardless of their ability to pay.**

## Benefits of Options Counseling

Options Counseling is proactive and interactive:

- **Helps individuals to be aware that they can and need to plan ahead for Long Term Support Services.**
- **Assists individuals and their loved ones to consider all available community based options before institutional placement happens**
- **Provides individualized support for families making decisions about long-term care**

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“Have You Eaten?”

by Kathy Greenlee, Administrator, Assistant Secretary for Aging and Administration for Community Living



What people say when they greet each other can tell us about their culture as well as their community’s experience. One traditional Mandarin greeting translates into English as “Have you eaten?” Linguists believe this practice probably started when food was scarce and people were often hungry. A recent study in the United States indicated that 8.8% of households with older adults are food insecure, which means they aren’t sure where or how they will get their next meal.

ACL administers the Older Americans Act Nutrition Program through a network of state departments of aging, area agencies on aging, and local nutrition providers. This federal program provided funds which served over 2.5 million older adults in 2011, many of whom rely on the program for their next meal.

Living with food insecurity—not knowing where your next meal will come from—is not just stressful, it increases risk of serious illness. A recent study shows that older adults who are food insecure are three times more likely to have clinical depression. The study also found that seniors at risk of hunger are 50% more likely to have diabetes and nearly 60% more likely to have congestive heart failure or experience a heart attack. According to the [Older Americans 2012—Key Indicators of Well-Being \(PDF\)](#) report, diabetes and heart disease are two of the most common and **costly** chronic health conditions.

The Older Adults Act Nutrition Program reduces food insecurity among older adults by providing wholesome meals in group settings and by delivering meals to older homebound individuals. The [Supplemental Nutrition Program \(SNAP\)](#), previously known as food stamps, also helps reduce food insecurity among the very poor. Unfortunately, only one in three eligible older adults participates in SNAP. For more information about SNAP and other benefits, visit the [Benefits Checkup website](#) [↗](#). Visit [Older Americans Act Nutrition Program](#) to learn more about the federal nutrition programs.



THE SENIOR CENTER CORNER



MENUS - SENIOR NUTRITION PROGRAMS MAXIMIZING THE NUTRITION IN YOUR MEALS FOR MONTANA'S SENIORS

Minkie Medora, RD

Nutrition Consultant, Senior and Long Term Care Division

The quality of nutrition provided in Senior Nutrition Programs (SNP) is critical for the health and well-being of our seniors. Good nutrition is essential in aging to keep seniors healthy and living in their own homes. This is even more important for home-bound seniors who are limited in their ability to shop and cook, or come to the senior sites. Additionally, the cost of keeping a senior at home is far less than the cost of having someone in long-term care.

Senior Nutrition Programs provide a great opportunity to not only provide healthy meals, but also a place for social interaction, education, exercise and other activities. Many SNP in Montana have done a great job in providing nutritious meals through good food choices, and well planned menus.

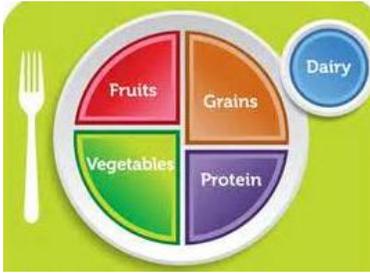


One of the duties of the consultant dietitian for Senior and Long Term Care programs is to review program menus periodically for their overall quality of nutrition. According to Section 339 of the OAA – each meal must provide one-third of the minimum requirements to meet the Dietary Guidelines for Americans (DGA) and the Dietary Reference Intakes (DRI).

However the request to review your menus has to come from the senior meal sites or the Area Agency Directors. Since starting this consultant position three years ago, I have been asked to review a substantial number of menus. However, there are many other sites in the state whose menus have not been sent for review.

The OAA requires that

- The senior meal provides 1/3 of the Daily Requirements of the RDAs for each meal served,
- All congregate and Home Delivered Meals menus are reviewed periodically, preferably once a year by a Registered Dietitian. This person can be the state consultant – like myself, or a Registered Dietitian in your own community.



What can you do to meet these requirements?

If you would like your menus to be reviewed by the dietitian, please send the necessary information to me or a local dietitian. Menu reviews along with recommendations will be sent back to you within 30 days.

The level of review and assessment of the menus depends on the type and amount of information you send. Once the menus have been reviewed, you may be requested to send further information, or clarify the content of certain menu items.

For the most basic overview of your menus, you will need to send:

- A copy of the monthly menu.
- Any other pertinent details, such as items that are cooked from scratch or ready-prepared.

If your site needs a more detailed review of your menus, you will need to send:

- A copy of the monthly menu,
- Portion sizes,
- Clarification on the types of bread or other starches – whether they are made with whole grain or white flour.
- List of food items on the menu that are ready-made.

Based on this information the dietitian will assess the nutritional quality of the food items, frequency of use of certain foods, suggestions for including certain foods that would provide key nutrients and recommendations for adding, avoiding or substituting certain foods.

Such recommendations can be used to modify menus and increase the quality of nutrition in the meals.

Follow up: In all cases, the dietitian will suggest that options are reasonable and workable for each program. It is essential that there is a feedback to the dietitian regarding any concerns, questions or clarification needed on the recommendations.

One other item of interest:

We now have an excellent book that is available on loan to any Meal program: “Food Values of Portions Commonly Used”. This book has nutritional analysis of every single food item, tables on Dietary Reference Intakes (DRIs) that show daily requirements of all nutrients (calories, protein, fat, carbohydrates, cholesterol, vitamins, and minerals), food conversion charts, and much, much more.

This book does not replace having menus reviewed, but is a great way to make yourself familiar with the nutritional quality of food. It is simple and easy to read and to be able to do your own nutritional analysis of the meals you serve.

To get your menus reviewed, please contact Minkie Medora at Minkie.medora5@gmail.com

State and Area Agency on Aging Four Year Plans

2015 is the year that we look at where we are going as a state that is aging and develop a new four year plan covering Fiscal Years 2016 to 2019. Under the guidelines provided by the Administration on Aging/Administration for Community Living, the State Office on Aging and the 10 Area Agencies on Aging need to address:

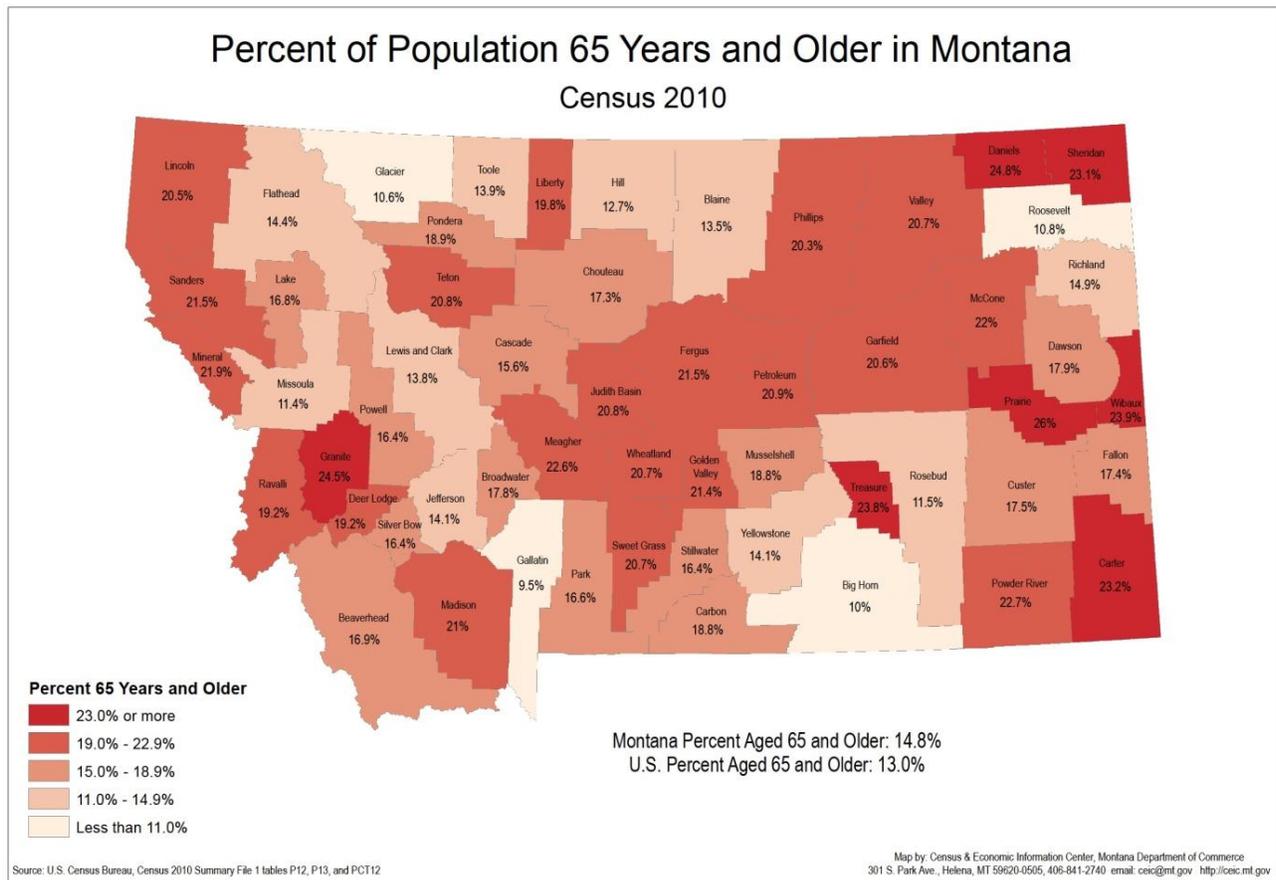
- A. **Older Americans Act (OAA) Core Programs** - OAA core programs are encompassed in Titles III (Supportive Services, Nutrition, Disease Prevention/Health Promotion and Caregiver Programs), VI (Native American Programs), and VII (Elder Rights Programs), and serve as the foundation of the national aging services network. Describe plans to: coordinate Title III programs with Title VI Native American programs; strengthen or expand Title III & VII services; increase the business acumen of aging network partners; work towards the integration of health care and social services systems; and integrate core programs with ACL discretionary programs.
- B. **ACL Discretionary Grants** – For each of the following ACL Discretionary Grant programs received by your state, develop measurable objectives that include integration of these programs with OAA core programs above (Focus Area A): Alzheimer’s Disease Supportive Services Program (ADSSP); Evidence-Based Disease and Disability Prevention Programs; Senior Medicare Patrol (SMP) and programs that support community living
- C. **Participant-Directed/Person-Centered Planning** – Making fundamental changes in state policies and programs which support consumer control and choice is recognized as a critical focus for State Plans. OAA Title VII programs and services are designed to support this effort, and opportunities also exist for maximizing consumer control and choice in Title III and VI programs. Describe your planned efforts (measurable objectives) to support participant-directed/person-centered planning for older adults and their caregivers across the spectrum of long term care services, including home, community and institutional settings.
- D. **Elder Justice** - As part of their leadership role in coordinating programs and services for the protection of vulnerable adults under Title VII, States should describe their activities to prevent, detect, assess, intervene, and/or investigate elder abuse, neglect, and financial exploitation. Describe planned efforts (with measurable objectives) to support and enhance multi-disciplinary responses to elder abuse, neglect and exploitation involving adult protective services, LTC

ombudsman programs, legal assistance programs, law enforcement, health care professionals, financial institutions, and other essential partners across the state.

. Aging Demographic:

As the Aging network plans for the next four years, we need to consider the services Older Montanans need now and in the future, especially in light of the Silver Tsunami of Aging our state is facing.

The 2010 census shows that there are over 209,685 Montanans over the age of 60 with the fastest growing segment of the population being those that are 85 or older. **By the year 2025 Montana will have the fifth highest per capita older population in the United States.** In 2010, the population age 60 and older reached 20% or more in most counties. By the year 2025, 30 percent of the population in nearly three quarters of



Montana's counties will be over age 60. In 12 counties, the number of elders will exceed 40 percent of their total county population.

Please contact your local Area Agency on Aging with your thoughts and concerns related to current services and future service needs in your community. You may contact them by calling 1-800-551-3191.

Aging, if it is not your business now, it soon will be.



THE 2015 WHITE HOUSE CONFERENCE ON AGING



The first White House Conference on Aging (WHCoA) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These conferences have been viewed as catalysts for development of aging policy over the past 50 years. The conferences generated ideas and momentum prompting the establishment of and/or key improvements in many of the programs that represent America's commitment to older Americans including: Medicare, Medicaid, Social

Security, and the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans for the next decade.

In the past, conference processes were determined by statute with the form and structure directed by Congress through legislation authorizing the Older Americans Act. To date, Congress has not reauthorized the Older Americans Act, and the pending bill does not include a statutory requirement or framework for the 2015 conference.

However, the White House is committed to hosting a White House Conference on Aging in 2015 and intends to seek broad public engagement and work closely with stakeholders in developing the conference. We also plan to use web tools and social media to encourage as many older Americans as possible to participate. We are engaging with stakeholders and members of the public about the issues and ideas most important to older individuals, their caregivers, and families. We also encourage people to submit their ideas directly through the [Get Involved](http://www.whitehouseconferenceonaging.gov/submissions/register.aspx) section on their website at <http://www.whitehouseconferenceonaging.gov/submissions/register.aspx>.

The White House has held a Conference on Aging each decade since the 1960s to identify and advance actions to improve the quality of life of older Americans. The 2015 White House Conference on Aging is an opportunity to look ahead to the issues that will help shape the landscape for older Americans for the next decade.

At this point in time, Congress has not reauthorized the Older Americans Act, and the pending bill does not include a statutory requirement or framework for the Conference. However, the White House is committed to convening the 2015 conference and we will seek broad public engagement and work closely with stakeholders in the lead-up to the conference. We also plan to use web tools and social media to encourage as many older Americans as possible to participate.

The Conference Web site www.WhiteHouseConferenceOnAging.gov provides regular updates on Conference activities. The website also provides opportunities for older Americans and leaders in the field of aging to provide their input and personal stories.

We are engaging with stakeholders and members of the public about the issues most important to older individuals, their caregivers, and families. To listen and learn from key aging leaders and older Americans, the Administration is participating in listening sessions with older Americans and advocates across the country. These listening sessions began in July 2014 and will continue up to and during the Conference.

As we listen to aging leaders and older Americans, some of the common themes we hear include the following:

- Retirement security is a vitally important issue. Financial security in retirement provides essential peace of mind for older Americans, but requires attention during our working lives to ensure that we are well prepared for retirement.
- Healthy aging will be all the more important as baby boomers age. As medical advances progress, the opportunities for older Americans to maintain their health and vitality should progress as well and community supports, including housing, are important tools to promote this vitality.
- Long-term services and supports remain a priority. Older Americans overwhelmingly prefer to remain independent in the community as they age. They need supports to do so, including a caregiving network and well-supported workforce.
- Elder justice is important given that seniors, particularly the oldest older Americans, can be vulnerable to financial exploitation, abuse, and neglect. The Elder Justice Act was enacted as part of the Affordable Care Act, and we need to realize its vision of protecting seniors from scam artists and others seeking to take advantage of them.

You may wish to contact the White House Conference on Aging and Montana's Congressional delegation regarding issues or concerns you have related to our aging population and Older Americans Act programs and services. You may contact the White House Conference on Aging at:

White House Conference on Aging
200 Independence Avenue SW, Suite 637D
Hubert H. Humphrey Building
Washington, DC 20201
(202) 619-3636
info@whaging.gov
www.whitehouseconferenceonaging.gov

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Montana's Centenarian's Search

The Search for Montana's Oldest Citizens

Who is Montana's oldest citizen? A few years ago, Montana could boast of not only have the oldest man in American, but having the oldest man in the world.

Every year since, 2006, the Governor's Advisory Council on Aging has wanted to recognize all Montanan's that are, or will be 100 years of age or older by December 31st of each year and present them with a certificate recognizing their achievement of reaching or passing this major millstone.

The 2015 Governor's Conference on Aging will be held in Helena on May 12, 13 and 14.

If you are a Centenarian or are aware of one and would like them to receive a Certificate of Recognition from the Governor, please supply us the following information:

- 1) Centenarian's Name.*
- 2) Where (what city) is the Centenarian living now?*
- 3) Contact person (who to send certificate to).*
- 4) Contact person's phone number and e-mail address *
- 5) Mailing address (where to send the certificate).*
- 6) Birth date of Centenarian.*
- 7) Is Centenarian a Veteran?***
- 8) Where were they born?
- 9) If not born in Montana, what is their story on how they got to Montana?
- 10)What is the secret to their longevity?
- 11)What has been the most amazing event in their life that they would like to share?
- 12)What is their favorite quote?
- 13)Anything else they would like us to know about the centenarian?
- 14)Please provide a picture of the centenarian.
- 15)Would the centenarian be willing and able to attend the Governor's Conference on Aging?

NOTE: * First seven items must be completed in order to receive a certificate.

NOTE: *If a U.S. Military Veteran, please provide a copy of the military discharge or report of separation document**

Each year at the Governor's Conference on Aging, we want to recognize Montana's centenarians. **Even if we have honored or recognized them before**, we want to continue to acknowledge their achieving centenarian status and each year over age 100 is an amazing accomplishment.

In January of each year, we continue the process to identify and recognize Montana's centenarians, those who will reach the age 100 this year, as well as all those who are over 100.

We would also like to identify and honor Montana's oldest citizen, so please provide the information above even if you or the centenarian has received a certificate in previous years and have attended a Centenarian Luncheon at previous Governor's Conference on Aging.

Please send your centenarian information to:
Centenarians
DPHHS – SLTC – Aging Services
PO Box 4210
Helena MT 59604-4210

Or - email jstoeckel@mt.gov

Or - call Senior and Long Term Care at (406) 444-4077.

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May your Holiday Season be filled with joy.  
Merry Christmas and Happy New Year.

