Dear Friends of ICOA, Happy Halloween!

We are an aging society and our views around age are changing rapidly. I want to introduce a unique project taking place twelve miles outside of Atlanta, in Mableton, Georgia. Atlanta Regional Commission an Area Agency on Aging launched this project to re-shape Mableton’s traditional suburban design to create a community that promotes social engagement, is walkable, and offers services and a sense of place for a diverse intergenerational population. It is a vision for the future that is desired by all. In these economic times it is a bold step towards the future and is doable. To know more and watch videos about this project, please visit the Coming of Age in Aging America, a PBS Documentary, Online and Engagement project at:

http://www.theagingamericaproject.com/video_where-we-live.php

Over the summer, ICOA was selected to be the recipient of a matching grant from the Stiefvater Grant Program of the North Valley Community Foundation, to establish an $8,000 endowment. It’s an incredible opportunity for ICOA, and we want to take full advantage of it! The income generated by the endowment will be used to support our outreach activities, including:

ICOA Coffee Connections and Film Series: These presentations and film series feature topics related to gerontology education and research. Presenters are selected from different disciplines and from the community to disseminate knowledge in aging education, research and community service. The series is vital for the ICOA to promote collaboration and, intellectual exchanges that support innovations in the field of aging and is a mechanism for changing discipline-based academic culture and promoting interdisciplinary networking. These events are free and open to faculty, students, aging-related professionals and community members.

Information and Outreach: ICOA offers a monthly e-newsletter, gerontology-focused listserv and ICOA website as resources for those interested in and serving the aging in northern California, enhancing exchange of information and knowledge across disciplines within the CSU, Chico service region. The e-newsletter and listserv helps to alert faculty, students, and the community in regard to funding opportunities in the field of gerontology, events/conferences/trainings, innovations in aging, and careers in aging and current research.

We still have to raise $1000 to meet our fundraising goal and urge that our friends come forward to help us sustain our efforts. No donation is small.

So, here’s a few things you can do as a friend of ICOA: Send a check made out to: “North Valley Community Foundation – ICOA” mail to 3120 Cohasset Road, Suite 8, Chico, CA 95973 – Before 31st December, 2012

Forward this e-mail to anyone you know within your network whom you believe might be willing to make a gift to support ICOA and our efforts to raise the match. Thank you for supporting ICOA and for helping us meet this fund raising goal. In appreciation,

Seema Sehrawat, Director, ICOA

Jean Schuldberg, Ed.D., LCSW

Dr. Schuldberg is a gerontology expert and activist in our community. Dr. Schuldberg’s current work is with curriculum development to maintain and infuse gerontology content in social work courses and to develop practicums in agencies that serve older adults. Dr. Schuldberg is MSW Director for School of Social Work at Chico State and also the Co-Director of the Hartford Partnership Program for Aging Education (HPPAE) that provides specialized programming for MSW students focusing on gerontology. She is committed to increasing the number of social workers trained in gerontology to meet the needs of the population older adults that is increasing rapidly in the United States and internationally.
Community Spotlight

**Chamber of Commerce** Provides information on Chico, especially its businesses, clubs, and organizations. Publishes a yearly guide. For calendar of events [http://www.chicochamber.com/calendar](http://www.chicochamber.com/calendar)

**Chico Area Recreation and Park District CARD** “Fun over 50” has dances, fitness classes, special interest classes and much more for older adults [http://www.chicorec.com/Fun-Over-50/index.html](http://www.chicorec.com/Fun-Over-50/index.html)

**Caring Choices** provides innovative, low or no cost health and wellness services to seniors, disabled adults, families affected by cancer, and persons living with HIV/AIDS. Visit caring choices at [http://www.caring-choices.org/index.php](http://www.caring-choices.org/index.php)

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Recommended Readings

**Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence**, by Carol Colleran and Debra Jay, is an authoritative guide for understanding and intervening on this problem. [http://www.agingandaddiction.net/](http://www.agingandaddiction.net/)

**Regeneration: Journey Through the Mid-Life Crisis** by Jane Polden. Regeneration is a fundamentally optimistic book that argues that, while deep-seated changes are often painful, there are great gains to be made at mid-life. By helping readers toward improved self-awareness and a better understanding of the demands and choices of mid-life. [http://www.goodreads.com/book/](http://www.goodreads.com/book/)

**The Lemon Table** by Julian Barnes The characters in The Lemon Table are facing the ends of their lives some with bitter regret, others with resignation, and others still with defiant rage. Their circumstances are just as varied as their responses. [http://www.goodreads.com/book/show/37585.The_Lemon_Table](http://www.goodreads.com/book/show/37585.The_Lemon_Table)
Emotional Health

How Close Are We To Preventing the Diseases of Aging?
President & CEO here at the Alliance for Aging Research, Dan Perry, was asked to participate in the annual melding of the foremost medical minds known as TEDMED. At the meeting, Dan gave a fantastic 13 minute talk that really summed up how “tantalizingly close” researchers are to that “fountain of youth”. http://www.agingresearch.org/content/blog/detail/13716

The big idea in 4 minutes
Take a look at this engaging introductory video for Coming of Age in Aging America, a public media project aimed at creating conversation and action to productively shape America as an aging society. The project includes a PBS documentary and website. Watch the video http://waystohelp.ncoa.org/site/R?i=uqWZjQGeNA_UopgJ_nBKtQ, http://waystohelp.ncoa.org/site/R?i=qBGhbjd-qPR7LrZf2Ah48g

Leadership for the Third Age
Developing leadership is vital to the aging community since the well-being of people at all life stages involves their interaction with groups from family to government to the whole human community. http://www.asaging.org/blog/leadership-third-age

Population Aging is Tilting the World’s Societies, Is This a Crisis or an American Leadership Opportunity?
Population aging is forcing a structural shift in societies around the globe. http://www.asaging.org/blog/population-aging-tilting-world%E2%80%99s-societies-crisis%E2%80%94or-american-leadership-opportunity

Alcohol Misuse and Abuse Prevention

Physical Health

Flu +You
Use our free toolkit to educate older adults about the flu and the importance of getting vaccinated. http://waystohelp.ncoa.org/site/R?

Materials to spread the word on flu prevention
With the flu season fast approaching, our Flu + You campaign is educating older adults about the threat of influenza and what they can do to protect themselves. Use our free toolkit to spread the word—new materials are now available! Download posters, fact sheets, PSAs, an infographic, and more. Read more http://waystohelp.ncoa.org/site/R?i=aur6iyDVaKeB7TlhyvJT7w

Respiratory Burden ‘high in Aging Population
People aged 85 years and over have a high burden of respiratory disease, according to new findings. The research has shed light on the health problems likely to be encountered by the ageing population. http://www.sciencedaily.com/releases/2012/09/120902184919.htm

Discover the Self-Management Alliance
**Baby Boomers**

**Ready or not, here come the boomers**

More than a quarter of boomers say they're not confident their community will have all the resources they need to age well. Is your community ready? Read findings from our recent United States of Aging survey.

Read the results
http://waystohelp.ncoa.org/site/R=1HoKsbesh01ZQyTvW0Dvg

**New campaign urges boomers to stay Fit After 50**

A new campaign from the American Physical Therapy Association is educating baby boomers about the importance of being healthy. Fit After 50 provides daily tips, symptoms and conditions guides, videos, and a social media contest throughout October. Visit the campaign website http://waystohelp.ncoa.org/site/R?i=1Qz7bif4lYyQqpLLAKyyWQ

**Turning 65: Beyond a rite of passage**

Over 10,000 new beneficiaries will enroll in Medicare each day over the next 10 years. Join our National Center for Benefits Outreach & Enrollment for a free webinar to examine the challenges and opportunities posed by those turning 65. Register http://waystohelp.ncoa.org/site/Ri=pdYGS5zzeU8LLJ7F

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**Economy**

**Over 5,000 seniors on the path to economic security**

Since 2009, NCOA’s Economic Security Initiative (ESI) has helped over 5,000 older adults in 20 communities get on a path to economic security. The typical ESI client is female, living alone, and eligible for at least one major public benefit. http://waystohelp.ncoa.org/site/R?dDrbf_r6oJaQsDB8uv

**Webinar: Evidence-based health promotion 101**

Thinking about offering an evidence-based health program for seniors in your community? Find out what programs are available, why they’re important, How to find the right one for your organization, and how to measure success. Sign up for a free webinar with our Center for Healthy Aging on July 24. Register http://www.ncoa.org/calendar-of-events/evidence-basedhealth.html

**Medicare Open Enrollment**

**Tips for Consumers**

Medicare open enrollment is just around the corner (Oct. 15-Dec. 7)! Whether you’re a person with Medicare, a caregiver, or professional helping clients to review their coverage options, we’ve got some helpful tips for you to keep in mind this season.

http://www.ncoa.org/enhance-economic-security/center-for-benefits/highlights-news/

**Program helps hundreds of older adults with money woes**

Nearly 400 economically insecure older adults are now rebuilding their financial stability thanks to Better Directions, a partnership between NCOA and the National Federation of Community Development Credit Unions. Mr. G of Tucson received employment training and a low-interest loan to get back on track with managing his expenses.

See more results http://waystohelp.ncoa.org/site/R?i=axryr-kVwbTq8SZZA0Oy8w

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**Purpose, Passion, and a Paycheck in a Tough Economy:** A study http://ntserver2.geron.org/t/71832/578471/4955/0/ illustrates how the current economy has affected encore career interest and plans for encore careers. Results show that boomers have tempered their expectations at the same time exhibiting resilience and an unwillingness to give up on efforts to create a better world for future generations. This research also found that more than 12 million Americans ages 44-70 want to start small businesses or nonprofits that create jobs and meet community needs. For a synopsis of research findings on encore entrepreneurs http://ntserver2.geron.org/t/71832/578471/3078/0/.
According to our new United States of Aging survey, 41% of low and moderate-income older adults are unaware of all the benefits and programs that could help them age well. What’s more, 1 in 5 of these seniors is one major financial event away from a fiscal crisis. 

Healthy aging tips on YouTube
The National Institute on Aging now has a YouTube channel. Watch informational videos on aging, exercise success stories, and Go4Life® exercises for older adults. Watch 
http://waystohelp.ncoa.org/site/R?
i=twYa-4avk9fNekuqNK02Rw

Find help paying for hearing aids
Know an older adult who needs a hearing aid but can’t afford it? AUDIENT is a nationwide program that helps people in need obtain hearing aids at a reduced cost. Hearing loss is a common but often untreated health issue among seniors. Find out who qualifies 
http://waystohelp.ncoa.org/site/R?
i=e1kky9lAyk-Ggk8Dahag
Watch a video about hearing loss 
http://waystohelp.ncoa.org/site/R?
i=q0Ei9aamA64uf5URJPFlnQ

Spread the word: Free diabetes workshop
With support from sanofi, we’re making our online Better Choices, Better Health® – Diabetes workshop free on a first-come, first-served basis to any U.S. resident over 18 with diabetes. The six-week workshop has been proven to help people with diabetes learn to live healthier. This is a limited opportunity, so please help us spread the word! register here 
http://waystohelp.ncoa.org/site/R?
i=v5chwBOYdaUZUYzZ_TphA

How the environment impacts healthy aging
It is little surprise that where and how we live, eat, work, play, and socialize influence our physical and mental health throughout life. NCOA recently co-sponsored Healthy Environments Across Generations, an event organized by the Collaborative on Health and the Environment to explore scientific evidence confirming that certain early life experiences can influence health later in life. Read more and get resources 
http://waystohelp.ncoa.org/site/R?
i=CAYkU0SuVAQ_urZZ1oUgFQ>

Hearing Loss: It’s a Family Affair
Watch a video and download our brochure on hearing loss among older adults. 
http://waystohelp.ncoa.org/site/R?
i=73ISWAEx4MiF_IHkjuqyQ

Webinar: Combating food insecurity among older Americans
Join NCOA and Feeding America for a webinar on July 24 to explore how the aging network can partner with the food bank network to address elder food insecurity. Hear examples of successful local partnerships and initiatives. 
http://waystohelp.ncoa.org/site/R?
i=a9OLXCePo35uBX4_FApVrw

United States of Aging
According to our new United States of Aging survey, 41% of low and moderate-income older adults are unaware of all the benefits and programs that could help them age well. What’s more, 1 in 5 of these seniors is one major financial event away from a fiscal crisis. 
http://waystohelp.ncoa.org/site/R?
i=dCV2o5qh7c_UR34b-U6RNA Download survey results 
http://waystohelp.ncoa.org/site/R?
i=_IWT3NXabLbQaEoXykLmRA Read and watch a video on USA today 
http://waystohelp.ncoa.org/site/R?
i=_VRroMa5zYBBrQK4NmXF1A

First United States of Aging survey shows older adults optimistic but uncertain about future
Today, NCOA, United Healthcare, and USA TODAY released our first annual United States of Aging Survey examining seniors’ outlook and preparedness for aging. The results? Most older Americans feel their best years are still to come, but not all are prepared for the challenges of aging. See who’s prepared 
http://waystohelp.ncoa.org/site/R?
i=dCV2o5qh7c_UR34b-U6RNA

Health & Wellness

http://waystohelp.ncoa.org/site/R?i=_VRroMa5zYBBrQK4NmXF1A
Congress adjourns for August recess: What’s left unfinished?
Congress has adjourned for summer recess and won’t return until Sept. 10 after the Republican and Democratic conventions. Several key pieces of legislation affecting older adults are still awaiting action. Read about what was left on the table, then watch next week's issue for a toolkit to help you talk to lawmakers this election year. Find out where things stand.
http://waystohelp.ncoa.org/site/R?i=1c--dfF9m_DLQzicKUafWQ

Health care reform: Past, present, and the road ahead
In June, the Supreme Court made its much-anticipated decision and upheld the Affordable Care Act. Now what? Join NCOA’s National Center for Benefits Outreach and Enrollment for a free webinar to learn what’s been implemented to date, what changes are in store, and how the Medicaid expansion and Exchanges may work.
http://waystohelp.ncoa.org/site/R?i=z3SEKAOiwjk15-TxVMTLIA

“Financial security has no age limits”
NCOA is partnering with the National Federation of Community Development Credit Unions to help low-income older adults access economic casework and banking services. In its first six months, the program helped 800 seniors reduce their debt and access more than $1 million in benefits and services.
Watch a video
http://waystohelp.ncoa.org/site/R?i=FoUjOWP9IMt_RixbGRJ7tA

Millions of seniors helped by Supreme Court ruling
NCOA applauds last week’s ruling by the Supreme Court of the United States in upholding the Affordable Care Act. At the same time, we’re concerned about the implications the court’s Medicaid decision may have on some states’ willingness to extend health coverage to low-income, non-elderly, uninsured Americans. Read our statement
http://waystohelp.ncoa.org/site/R?i=ogN_LjZ7VNzoct7eTDtbBA
Download our health reform fact sheets
http://waystohelp.ncoa.org/site/R?i=zfZIsAkpydj5wz9_Kw3dcQ

5 questions to ask the candidates
Congress is home on recess, the election is fast approaching, and major decisions on the federal budget are looming. Now’s the time to make your voice heard to help protect and strengthen programs for older adults. Start with our 5 questions and tips to engage the candidates. Use our 2012 Election Toolkit
http://waystohelp.ncoa.org/site/R=Zri94D7Gke3y6gzjqKmTjA

National Forum on Disability Issues
Watch the webcast of this historic event with the candidates. Along with other aging and disability organizations, NCOA is co-sponsoring this historic non-partisan event featuring the 2012 presidential candidates and candidates for the U.S. Senate seat from Ohio providing their positions on a wide variety of disability issues, including those affecting older adults.
http://waystohelp.ncoa.org/site/R?i=qan4mpag2ewUhjYPFA96Bg

8 Reasons the Presidential Candidates Should be Talking about Long-Term Care
See why the candidates need to focus on this critical issue facing American families.
http://waystohelp.ncoa.org/site/R?i=qan4mpag2ewUhjYPFA96Bg
46 states to celebrate 5th annual National Falls Prevention Awareness Day
a day when passionate people across the country will stand together to observe the 5th annual National Falls Prevention Awareness Day. Hundreds of events will educate and screen individuals for their falls risk and provide common-sense strategies to help. Details http://waystohelp.ncoa.org/site/R?i=McFr7Bn6w2DC5cZdEvc3JSA

What Is Dementia?
Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia.
http://www.alz.org/what-is-dementia.asp

Older Americans Behavioral Health: Webinar Series
This series provides special opportunity to learn about critical behavioral health conditions and problems affecting older adults, including prescription medication misuse and abuse, suicide, depression, and anxiety and evidence-based prevention and treatment programs to address these problems. Learn more: http://www.ncoa.org/improve-health/center-for-healthy-aging/behavioral-health/tools-and-

Help for Elders with Mental Illness and Substance Use Disorders
Our country is aging rapidly and is not prepared to meet this population’s healthcare needs. This is especially true of older persons with mental illnesses and substance use disorders.
http://www.asaging.org/blog/help-elders-mental-illness-and-substance-use-disorders

Coming in October: National Depression Screening Day
More than 2 million Americans aged 65+ suffer from depression, but 68% know little or nothing about the condition. Help them find support on National Depression Screening Day on Oct. 11. Take an online screening http://waystohelp.ncoa.org/site/R?i=2p7dpXGzWxear8uK3kKvhww

10 Early Signs and Symptoms of Alzheimer’s
Memory loss that disrupts daily life may be a symptom of Alzheimer’s or another dementia. There are 10 warning signs and symptoms. Read more http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

Fall Prevention
Standing Together to Prevent Falls
Falls are the leading cause of injury related deaths of older adults, the primary reason for older adult injury emergency department visits, and the most common cause of hospital admissions for trauma. Learn more http://waystohelp.ncoa.org/site/R?i=he9uqPVF22tPBBuXM9WaEa
See how we’re making the case for self-management
NCOA is leading a national collaborative effort called the Self-Management Alliance (SMA) to make self-management an integral part of U.S. health care by 2020. So far, 17 businesses, nonprofits, and government agencies have joined with us to explore ways to promote the use of self-management programs to help older adults stay healthy. See why one partner joined the effort
http://waystohelp.ncoa.org/site/R=OXExMIYIoq2qbqJBt8a73A
http://waystohelp.ncoa.org/site/R=bYbfVcIRu8fDS_NZ2NiuQ
http://waystohelp.ncoa.org/site/R=i2jtGIQs42lx6wrRtQEF5A

Protecting the rights of older people
NCOA has endorsed *Older People’s Rights – 10 Reasons Why We Need to Act* from Help Age USA. The document encourages the United Nations Open-Ended Working Group on Aging to strengthen legally binding standards for older people and develop a new protection system. Read more http://waystohelp.ncoa.org/site/R?i=Wy9Q9PvKL-VGECAsLmQRQ Learn what you can do
http://waystohelp.ncoa.org/site/R?i=rasBocfGoG71bwC587yAag

Watch and learn: Medicaid 101
Learn the basics of Medicaid, the federal-state health program, in the latest webinar from our National Center for Benefits Outreach and Enrollment. See how it works and what the recent ruling on the Affordable Care Act means for the program’s future. Watch now http://waystohelp.ncoa.org/site/R?i=SsOe_K6HurryCinEERkRSg>
<http://waystohelp.ncoa.org/site/R?i=C1bQRT4V6Y7t0U5wryWesW

Get evidence-based physical activity programs for seniors
http://waystohelp.ncoa.org/site/R?
i=RXF30f05mtCnFhO8сT

Petitioning Senator Sanders, Chair, Primary Health and Aging Subcommittee, HELP Comm
GSA and AGHE are calling for an increase in the authority, rigor, credibility, and accountability of research, demonstration, training and evaluation activities administered by or through the Administration on Aging. The increased educational standards would require that professionals in certain positions that serve older adults receive a minimum amount of gerontological training.
Below is a link to their website if you support their efforts.
On behalf of CCGG~http://www.change.org/petitions/older-americans-act-reauthorization?

Grants
Support Seniors
Grant will improve the health of seniors with chronic conditions
NCOA has received a $500,000 grant from Sanofi to support our efforts to improve the health of millions of older adults with multiple chronic conditions. The grant will support NCOA’s new Self-Management Alliance and our RestartLiving.org website.
Learn more http://waystohelp.ncoa.org/site/R?i=G78a43SxZ6PXwJVIYtfmag

Grants available for Senior Corps RSVP programs
Could your organization use volunteers aged 55+ to strengthen your impact? The Corporation for National and Community Service has funding opportunities for Senior Corps RSVP programs. Applications are due Oct. 11.
Apply http://waystohelp.ncoa.org/site/R?i=fEqSwIk5pvoy07b4PWsN9A
FREE & EASY WELLNESS TIPS

STAY ACTIVE ♥ VALUE YOUR VEGGIES ♥ STOP SMOKING NOW ♥ BUDGET TIME & MONEY ♥ CHOOSE WATER TO DRINK ♥ SIT UP STRAIGHT ♥ EAT SLOWLY ♥ FORGIVE & FORGET ♥ TAKE NAPS WHEN POSSIBLE ♥ COUNTY YOUR BLESSINGS ♥ ASK QUESTIONS OF YOUR DOCTOR ♥ SHARE YOUR FEELINGS ♥ AVOID DANGEROUS DRUGS ♥ TAKE A WALK ♥ LOVE OTHERS & YOURSELF ♥ CONSIDER MEAL PREPARATION A GIFT ♥ REDUCE CONFLICTS PEACEFULLY ♥ SIT & OBSERVE BREATHING FOR THREE TO FIVE MINUTES A DAY ♥ TAKE A BREAK WITH YOUR FAVORITE TEA OR HOT CHOCOLATE ♥ GO TO BED WITH A GOOD BOOK ♥ CELEBRATE LIFE ♥ ADOPT A HOUSE PLANT ♥ DO SLOW STRETCHING ♥ LISTEN TO MUSIC THAT MAKES YOU SMILE OR SLEEP ♥ MARCH IN PLACE WHALE WATCHING TELEVISION ♥ PHONE A FRIEND ♥ SHARE A JOKE ♥ TAKE A DEEP BREATH

Rough day at work/home?
Fill a tub with warm water, Epsom salts, and essential oil of peppermint.
Soak your feet for 10-15 minutes for a pick up to help you get through the evening.

Difficulty falling asleep?
Rub some diluted essential oil of Roman Chamomile on the soles of your feet.
Place two moistened tea bags of Roman Chamomile on your closed eyes.
Remember to remove them before you fall asleep.

After lunch blahs?
Place some essential oil of Basil on a cotton ball and inhale. Add Peppermint for a zingy wake up.

Agitated elder or youth?
Try giving a light hand massage with some diluted essential oil of lavender.

Anxiety?
Dilute essential oil of Vetiver on the soles of your feet.

Need a lift?
Try spritzing essential oil of grapefruit and orange in your house/office/car for a refreshing uplift.

Courtesy of Enloe Marketing Department for the Healthy Aging Summit/Senior Expo