



The Advisory

180 E. Main St, Suite 208 Hillsboro • Phone & TTY: 503-640-3489 • www.co.washington.or.us/HHS/DAVS

Aging and Veteran Services Advisory Council

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The DAVS Aging and Veteran Services Advisory Council is seeking new members. Council members advise DAVS about how to best serve seniors, their families and caregivers, and veterans and their dependents. If you would like to be considered for this vital role, contact **Janet Long**, 503-615-4651 or Janet.A.Long@state.or.us.

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Veteran's Day Origins

On November 11, 1947, Raymond Weeks of Birmingham, Alabama organized a Veterans Day parade to honor all of America's Veterans for their service. Later, the name was changed from Armistice Day to Veterans Day by Representative Edward H. Rees of Kansas.

In 1954, President Dwight D. Eisenhower signed a bill proclaiming November 11th as Veterans Day and called upon Americans to rededicate themselves to the cause of peace. He issued a Presidential Order to direct the head of the Veterans Administration, now called the Department of Veterans Affairs, to form a Veterans Day National Committee to organize and oversee the national observance of Veterans Day.

The Veterans Day National Ceremony is held each year on November 11th at Arlington National Cemetery. Veterans Day celebrations are held throughout the nation in various communities. For a listing of celebrations near you with information on who to contact, please visit www.va.gov/opa/vetsday/regsites.asp

The Difference between Veterans Day and Memorial Day

It is often confusing to many when we observe Memorial Day and Veterans Day. Both holidays were established to recognize and honor the men and women who have served for the United States Armed Forces. However, Memorial Day, which is observed on the last Monday in May, was originally set aside as a day for remembering and honoring military personnel who died in service, particularly those who died in battle or as a result of wounds sustained in battle.

Veterans Day is intended to thank and honor all those who served honorably in the military—in wartime or peacetime. It is largely intended to thank living veterans for their service, and to acknowledge that their contributions are appreciated.



Quote:

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive how the veterans of earlier wars were treated and appreciated by their nation." - George Washington

For Information and Referrals please call us at 503-640-3489

SHIBA

Now Is The Time...

...to consider changing your Medicare Prescription Drug and/or Health Plan. SHIBA (Senior Health Insurance Benefits Assistance) volunteers can help you compare Medicare plans that would best suit your needs.

*(Written by Darlene McMacken,
Certified SHIBA Volunteer)*

Any Medicare recipient can change plans from November 15th to December 31st every year. The new plan becomes effective January 1st.

There are two types of Prescription Drug Plans:

- Plans that are included in your health care coverage. Usually these plans can't be changed without losing your health care coverage. If your plan does not cover a drug you need, consider asking for an "exception". Help with this is available from your health plan or from SHIBA (503-615-4696).
- Plans that include only prescription drugs (no health care coverage).

All plans can make changes that go into effect January 1, 2010. These changes can include:

- Annual premium
- Annual deductible
- Formulary (list of drugs covered)
- Restrictions (such as prior authorization)
- Co-payments

If you need help comparing plans and making this decision, you can contact SHIBA at 503-615-4696. SHIBA is sponsored by Disability, Aging and Veteran Services in partnership with the State of Oregon Department of Consumer and Business Services.

"The Washington County SHIBA program has trained certified volunteers who will help you sort through the information, compare your insurance options, and select the plan that best fits your needs," said Jackie Eggers, SHIBA Program Coordinator. "And the service is absolutely free!"

You can compare plans yourself after about November 1st by going to www.medicare.gov and selecting the option to "compare plans".

To compare plans you will need the complete name of each drug, the strength (such as 5 mg.) and the number of times each day or month you take the drug.

Emergency Kit for Seniors and People with Disabilities

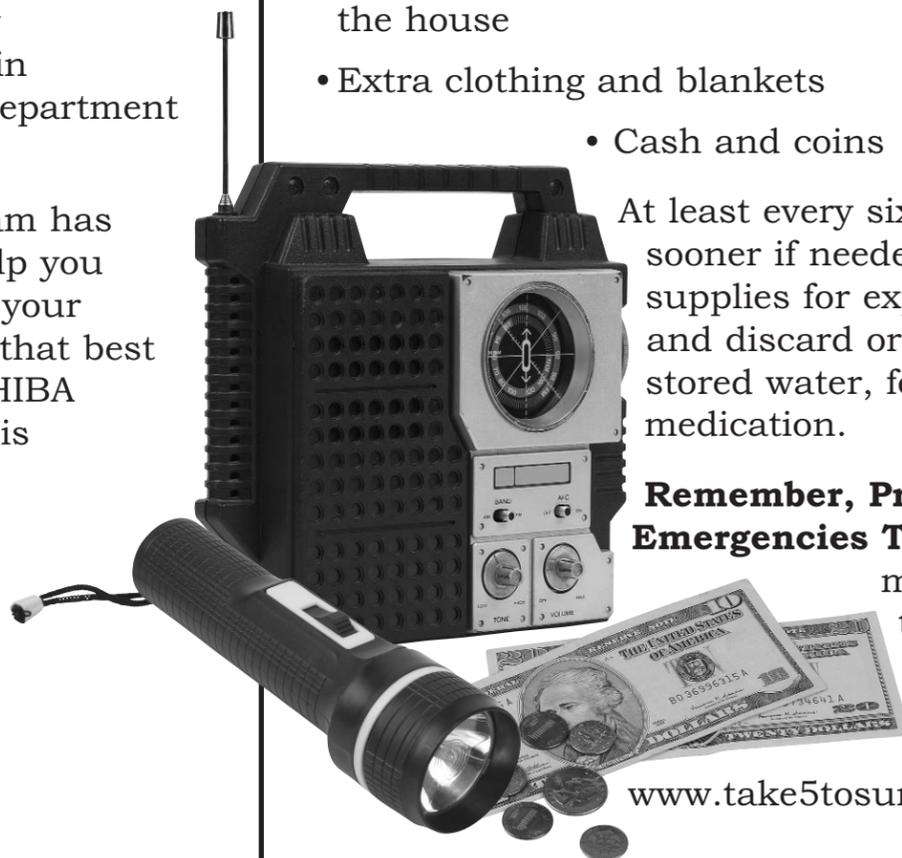
In the last issue, we addressed the need to identify a support network and make a detailed plan. In this issue, we will talk about the basic essentials in assembling an emergency kit.

Assemble a Kit and Maintain It. A disaster supply kit is a collection of basic items that you would probably need to stay safe and be more comfortable during and after a disaster. Supplies should be stored in portable container(s). Below are some suggestions to prepare your kit.

- Three-day supply of non-perishable food and manual can opener.
- Three-day supply of water (one gallon of water per person, per day)
- Portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- Extra pair of eyeglasses, hearing aid batteries, and medication with emergency supplies (first aid supplies, sanitation and hygiene items such as hand sanitizer, toilet paper)
- List of all medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have this list with you at all times.
- Matches in waterproof container
- Whistle to help signal for help
- Keep walking aids near you at all times. Have extra walking aids in different rooms of the house
- Extra clothing and blankets
- Cash and coins

At least every six months or sooner if needed, check food supplies for expiration dates and discard or replace the stored water, food and extra medication.

Remember, Prepare Today for Emergencies Tomorrow! For more information, tips and preparing an emergency kit check out www.take5tosurvive.com.



H1N1 Flu Update

As health officials throughout the world work to prevent the further spread of the new H1N1 (swine) flu, there is some good news for seniors. Seniors (age 65 or older) do not seem to be a prime target of this virus. Seniors, therefore, haven't been identified as a priority group for H1N1 vaccine.

What is more important for seniors is to get vaccinated against the "regular" seasonal flu. Those shots will be available in quantity sometime in November. Be sure to check with your regular health provider or pharmacist to find out when they have vaccine in stock. The U. S. Centers for Disease Control and Prevention (CDC) reports that there will be a total of 114 million doses of seasonal flu vaccine manufactured this year.

The risk for infection with H1N1 flu among persons age 65 or older is less than the risk for younger age groups. Once the prioritized groups have received vaccination, persons aged 65 and up will be offered the H1N1 vaccine.

The CDC anticipates that there will be enough vaccine for everyone who wants it as the season and vaccine shipments continue.

For more information visit:

www.co.washington.or.us/flu

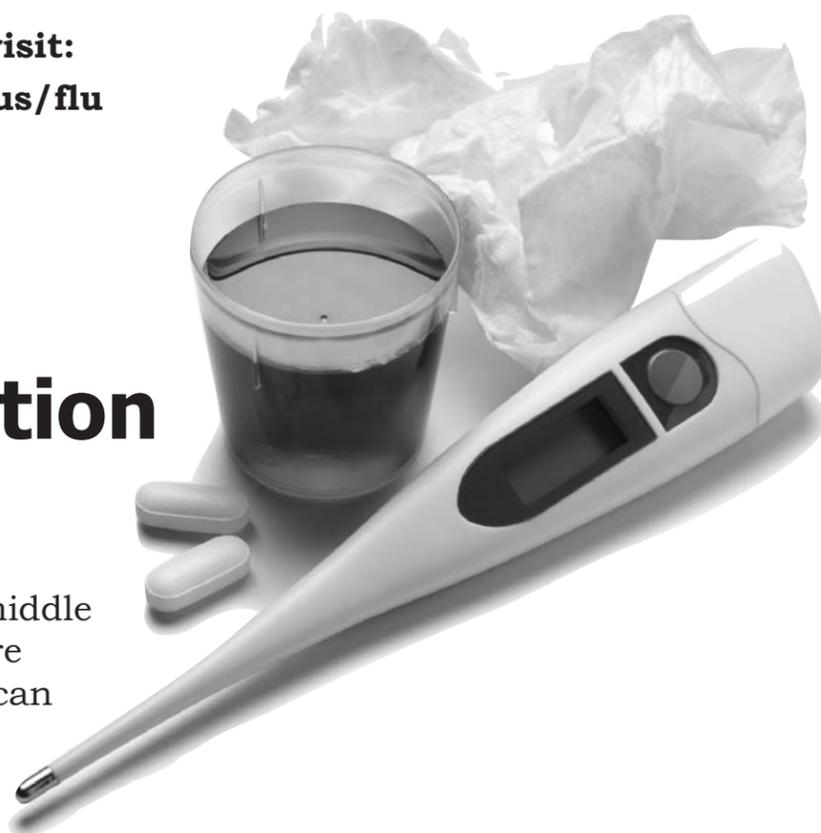
www.flu.oregon.gov/

www.flu.gov

Flu Prevention Tips

Now that we are in the middle of the flu season, there are everyday actions people can take to stay healthy.

- **Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- **Wash your hands often with soap and water,** especially after you cough or sneeze. Alcohol-based hand sanitizers (60% alcohol) are also effective.
- **Stay home when you are sick.**
- **Try to avoid close contact with sick people.**
- If you are sick with flu-like illness, the CDC recommends that you **stay home for at least 24 hours after your fever is gone** without the use of fever reducing medicines such as Tylenol.
- **Get vaccinated for seasonal flu and H1N1 flu** when the vaccines become available.
- **Influenza is spread mainly person-to-person** through coughing or sneezing of infected people.
- **Avoid touching your eyes, nose or mouth.** You may have picked up germs from surfaces that were coughed or sneezed upon.



Volunteer Recognition

On behalf of DAVS, we would like to thank Darlene and Larry McMacken and wish them well as they conclude their work as Certified SHIBA volunteers.

Darlene and Larry have been involved in many aspects of our SHIBA Program. They conducted Medicare 101 presentations, trained many new SHIBA volunteers, remained as active participants of the SHIBA marketing committee, and compiled Medicare Health Plan comparison charts that have become valuable tools for our SHIBA volunteers. Darlene also regularly submitted articles for our Advisory newsletter.

Over the past 5 years, they have remarkably contributed over 1,500 hours to the Washington County SHIBA program. Thank you Darlene and Larry—You will be missed!!

Holiday Assistance for those in need

Do you or someone you know need some holiday assistance with food and/or toys this season? If so, please call **2-1-1** or from a cell phone **503-222-5555**. This social services hotline will connect you with the agency in your area that will provide the help. When contacting the agency, find out what the guidelines are for assistance.

Correction!

In the last issue, the phone number prefix was incorrect for the emergency managers listed below. Please make note of the correct numbers:

Mike Mumaw:
(503) 259-1183

Jeff Rubin:
(503) 259-1199

Steve Muir:
(503) 259-1194



Bring Financial Relief to Needy Families in Your Community— Without Spending a Dime!

You can help bring financial relief to low and/or moderate-income families and seniors by volunteering to provide free tax assistance for the upcoming tax-filing season. Volunteers help individuals complete and electronically file their returns – all for free! Who are these volunteers? People just like you – college students, homemakers, retirees, members of community organizations, seniors, and businesspersons.

“Volunteering with the...program is a real, tangible way of knowing that I’m making a difference in my community. When I write a check to charity, I don’t know where the money is going or who is being helped. This investment of my time has names, faces, and hugs. Yes, I’ve gotten hugs from many of the people I’ve assisted. It doesn’t get any better than that.” -Suzanne

The Earned Income Tax Credit (EITC) provides taxpayers who are income eligible upwards of \$4,800 from the government. The EITC, along with other valuable tax credits, exists as a safety net for the neediest. Five million people, half of them children, are lifted out of poverty each year due to EITC. Unfortunately, 25% of eligible Oregonians never receive them! Why? Either they don’t know about them, or they don’t know how to claim them.

Furthermore, some tax preparation companies target low-income families and individuals with Refund Anticipation Loans, i.e. “The Money Now Loan.” These loans charge high upfront fees and interest rates to the people who can least afford it. In fact, between 55% and 69% of Refund

Anticipation Loans (RALs) are sold to families who receive the Earned Income Tax Credit in Oregon alone. These charges are on top of the fees already charged for preparing taxes.

Last year in Clackamas, Multnomah, and Washington Counties, more than 300 volunteers helped 15,700 taxpayers receive 15.7 million dollars in federal tax returns at over 50 locations. This year we will need over 400 volunteers to meet the growing needs of the community.

Free tax assistance is provided in partnership with AARP Tax Aide, the nation’s largest, free, volunteer-run tax preparation and assistance service. We are fortunate to collaborate with AARP whose members bring over 41 years of experience. CASH Oregon is a community-based nonprofit organization committed to improving the financial health of working individuals and families.

Anyone can be a volunteer! Volunteers receive many benefits; including the lifetime skills of preparing taxes, Continuing Education Credits, flexible hours, the opportunity to provide a direct benefit to members of their own community and the gratitude of those you help. We have a special need for Bilingual volunteers. In addition of Tax Preparers, we need Interpreters and Greeters as well.

VOLUNTEER TRAINING STARTS SOON! Volunteer now or get additional information by contacting Camille McDaniel at 503-243-7765 or by email—Camille@CASHOregon.org.

“Caring For You ...Caring For Others”

Welcome to the Family Caregiver Advisory.

If you're a caregiver – a family member, friend, or neighbor who helps care for an elderly individual or person with a disability who lives at home – this section is for you. Here, you'll find information about:

- finding supportive services in our community;
- caregiving resources;
- where to find help;
- ways to take care of others and yourself;
- joining a caregiver support group; and
- other useful resources and ideas.

Caregiving may be one of the most important roles you will undertake in your lifetime. It is typically not an easy role, nor is it one for which most of us are prepared. The DAVS Family Caregiver Program offers a variety of resources to help. For more information, call us at 503-615-4676.

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Grand-Parenting

School Preparation Makes a Big Difference

Getting Ready

- Find a fun backpack for the child to use for the year. Consider a rolling backpack if the child will have to carry a lot of books.
- Make a commitment to pack healthy lunches for the school year. Leave out sugar and sodas.

Safety

- Go over safety rules for getting to and from school, including looking both ways before crossing the street, using crosswalks, and never getting into a car with a stranger.
- For teens who drive, remind them not to eat, drink or talk on a cell phone while driving, and limit the number of teens allowed in the car.
- For kids riding bikes to school, insist on a helmet. Remind them to use hand signals and respect traffic lights and stop signs. Kids should wear bright clothes when walking or biking to school.

After School

- Children under age 12 should not come home to an empty house in the afternoon unless they show unusual maturity for their age.
- When adult supervision is not available, arrange for the child to check in with a neighbor or adult friend of the family by phone.

Good Study Habits

- Create a space in the home where the child can study. The TV should be turned off.
- Be available to answer questions and offer assistance, but never do a child's homework.
- Let kids take a break from studying to stretch, exercise or have a healthy snack.
- If you notice the child is struggling with one of his subjects, let the teacher know right away, and ask how to get extra help or tutoring. It's easier for the child to stay on track if difficulties are addressed right away.



Source: American Academy of Pediatrics, www.aap.org/advocacy/releases/augschool.cfm

Car Seat Safety

All 50 states have laws that require the use of a car seat. But less than 20 percent of kids who should be in booster seats are actually in them when they are riding in cars. Car seat safety recommendations:

Rear-Facing Seats in the back seat from birth to at least 1 year old and at least 20 pounds.

Forward-Facing Toddler Seats in the back seat from age 1 and 20 pounds to about age 4 and 40 pounds.

Booster Seats in the back seat from about age 4 to at least age 8, unless 4'9" tall.

Safety Belts at age 8 and older or taller than 4'9". All children age 12 and under should ride in the back seat.

Many local police stations have a free service to inspect that your child safety seat is correctly installed.

Visit www.boosterseat.gov for more information.

Source: National Highway Traffic Safety Administration, www.nhtsa.gov.

Lunchbox Ideas

It's easy to get stumped coming up with ideas for healthy and affordable lunches for kids. Most kids don't like a lot of change in what they eat. If your grandchild wants the same thing day after day, pack it—as long as the overall meal is nutritious. Here are some to get you started:

Brown Bag Lunch:

- Sandwiches
- A piece of fruit
- A bag of whole-grain crackers or popcorn
- Cheese sticks
- Raisins
- Hot soup in a thermos
- Instead of candy, pack a granola bar or applesauce as an after-lunch treat or snack.

Cooler Lunch:

- Pasta and vegetables
- Cottage cheese or yogurt
- Chopped fruit
- Sliced vegetables and creamy salad dressing dip

Save Money \$\$\$\$

- Buy reusable plastic containers in various small sizes to use instead of disposable sandwich bags. They'll save money over time and protect the food from getting squashed in a backpack.
- Buy a good-quality plastic bottle and fill it with half water, half juice to cut back on sugar and save money on individual juice boxes. It's also better for the environment than using disposable drink containers.



Fire Safety

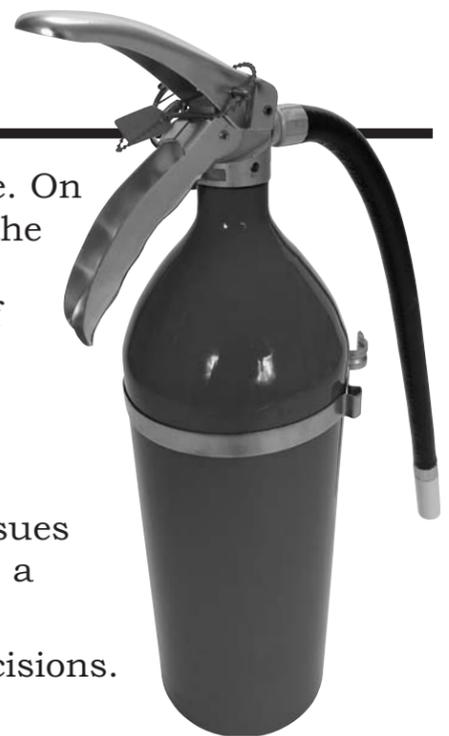
Americans over the age of 65 are one of the groups at greatest risk of dying in a fire. On average, every year almost 1,000 Americans older than 65 die in fires. People over the age of 80 die in fires at a rate three times higher than the rest of the population. Caregivers can help prevent these tragedies by taking steps to reduce the chance of the person in their care being killed or injured by a fire.

Why Seniors Are at Risk for Fire Death and Injuries

- Alzheimer's disease and dementia can impair a person's vision, depth perception, hearing, sense of smell and sensation to heat, as well as their judgment. These issues make it difficult to respond to an emergency and pose an enormous threat should a fire occur.
- Medication side effects may affect a senior's ability to be alert and make quick decisions.
- Physical disabilities may impair a senior's ability to take quick action.
- Vision or hearing loss can prevent individuals from noticing fires or the causes of fires or hearing alarms.
- Seniors who live alone have no one to help them put out or escape from a fire.

Fire Hazards and Older People

- **Unsafe cigarette** use is the leading cause of fire deaths among older Americans.
- **Heating equipment** is responsible for a big share of fires in seniors' homes. Extra caution is necessary when using alternate heaters, such as woodstoves or electric space heaters.
- **Cooking** is the third leading cause of fire deaths. The kitchen is one of the most dangerous rooms in the home.
- **Faulty wiring** is a major cause of fires affecting the elderly. Older homes can have serious wiring problems, ranging from old appliances with bad wiring to overloaded sockets.



Fire Safety Tips Continued

Check each room for potential hazards.

- **Kitchen Fires.** Most kitchen fires occur when food is left unattended on the stove or in the oven. If you must leave the kitchen while cooking, take a spoon or potholder with you to remind you to return. If a fire breaks out in a pan, put a lid on it. Never throw water on a grease fire. (Never use a cook stove to heat your home.) Precautions: Wear snug clothing without loose, dangling sleeves; don't leave paper towels and plastic wrap near the stove; and remove flammable liquids from the kitchen. Never leave the stove unattended.
- **Space Heaters.** Buy only UL approved heaters, and use only the manufacturer's recommended fuel for each heater. Do not use electric space heaters in the bathroom or in other wet areas. Do not dry or store objects on top of your heater. Keep combustibles away from heat sources.
- **Smoking.** Don't leave smoking materials unattended. Use "safety ashtrays" with wide lips. Empty all ashtrays into the toilet or a metal container before going to bed. Never smoke in bed or on upholstered furniture. Check all furniture and carpets for fallen cigarettes and ashes before leaving the home or going to sleep. Douse cigarette and cigar butts with water before dumping them in the trash. Never allow smoking near an oxygen tank.
- **Inspections.** Have a service person inspect chimneys, fireplaces, wood and coal stoves and central furnaces annually. Have them cleaned when necessary.
- **Smoke Alarms.** Install smoke alarms on every level of your home. For the best protection, install both ionization- and photoelectric-type smoke alarms (some models provide dual coverage). The type is printed on the box or package. Put detectors inside or near every bedroom. Test them monthly to make sure they work. Put in new batteries once a year. If your smoke alarms are more than 10 years old, replace them.
- **Fire Extinguishers.** Buy one and learn how and when to use it.

Source: U.S. Fire Administration; Home Safety Council

Special Needs Safety Tip

Contact your local fire department and explain your special needs. They can suggest escape plan ideas, perform a home fire safety inspection, and offer suggestions about smoke alarm placement and maintenance.

Ask emergency providers to keep your special needs information on file.

Resource for You

Tualatin Valley Fire & Rescue

20665 SW Blanton Street, Aloha, OR 97007

503-649-8577 TDD/TTY: 503-642-0388 www.tvfr.com

FREE

Caregiving in Tough Times

Caring for yourself as you care for others

**Friday, November 20,
9 a.m. to 2 p.m.**

Tuality Health Education Center
334 SE 8th Ave., Hillsboro

Includes catered lunch.

Observe National Family Caregiver Month (November) in a special way by enjoying time with other caregivers and learning from professionals dedicated to serving you. Keynote speaker: Rev. Larry Hansen, Chaplain & Volunteer Coordinator Legacy Hopewell House Hospice.

Information in panel discussions and breakout sessions will help you:

- Protect your health
- Prepare your home
- Manage medications safely
- Secure your finances
- Find in-home and community help
- Communicate effectively with others
- Find time for yourself

**Please call 503-615-4676
to save your space.**

Sponsored by:



Tuality Healthcare
Building a healthier community.



Taking Care of Yourself—Good News for Quitters

If you've been thinking about quitting smoking, you've got more ways to kick the habit than ever before—medication, nicotine replacement therapy, behavioral support.

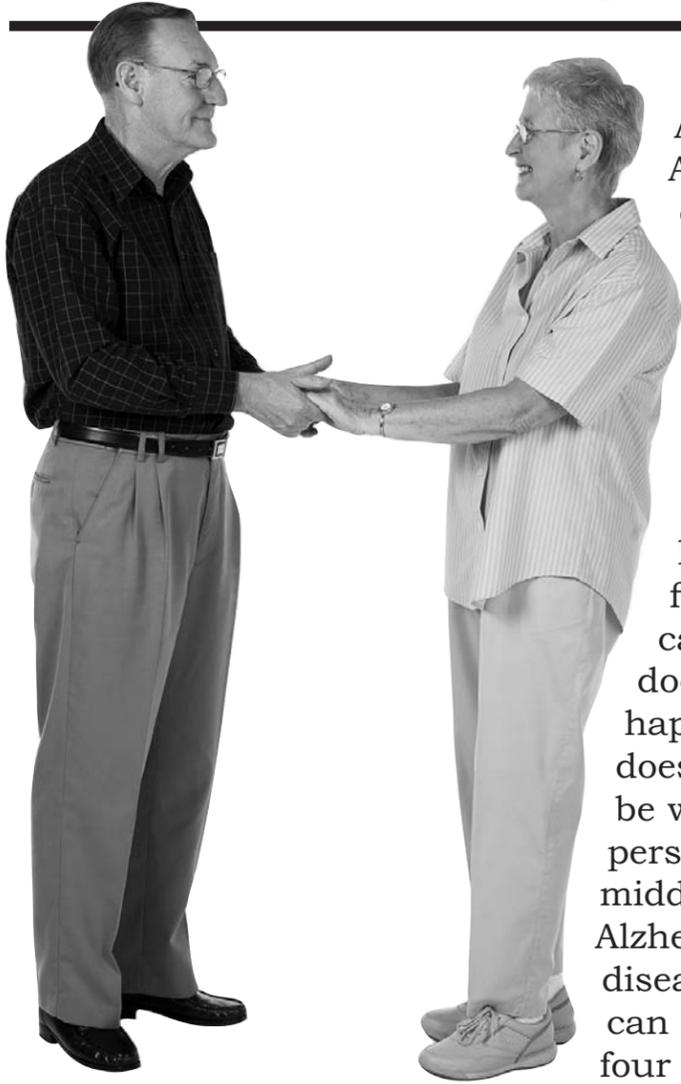
The good news is that even if you've smoked for years, but stop:

- Within days, blood vessels regain much of their normal function.
- Within weeks, food tastes better, and your sense of smell improves.
- Within months, chronic bronchitis symptoms ease.
- Within a year, lung function improves.
- Quitting reduces the risk of heart attack and stroke within two to five years.
- The risk of lung cancer drops substantially within five to nine years of quitting.

Source: Order a Special Health Report, *Overcoming Addiction: Paths Toward Recovery* at www.health.harvard.edu/ADD; www.lungusa.org



The ABC Way to Understand Alzheimer's Behavior



A person with Alzheimer's disease may sometimes act in ways that are upsetting or seem aggressive. He or she may hit, scratch, or fight with the caregiver. This does not always happen. But if it does, it is likely to be when the person is in the middle stage of Alzheimer's disease. This stage can last for up to four years.

These actions can be upsetting and are often hard for caregivers to manage. It helps to have a plan. One that many people find easy to remember is called ABC. Here is what this means:

A means Antecedent. This refers to events that happen just before an upsetting action.

B is the Behavior. This means any upsetting or aggressive action done by the person who has Alzheimer's disease.

C refers to the Consequence. This includes events that happen after the behavior. Sometimes, these events can make the situation worse.

Here is a story about people we are calling Mary and Robert Jones. In this story, Mary is the caregiver for her husband, Robert, who has Alzheimer's disease. As you will see, in this story many things go wrong.

A. The Antecedent. What happened before the behavior?

Mary slept too late and now is in a hurry. She wants her husband Robert to quickly get out of bed, take a shower, eat, and get dressed before a driver arrives to take them to his doctor's appointment. Because of her late start, Mary yanks off the bed covers and yells at Robert to get up. He does not understand the words but reacts to her tone of voice. Mary gets angry when he pulls the bed covers back up. "So that's the way it will be. I'm in charge here," she yells.

Mary then drags Robert out of bed and rushes to get him dressed. Now he must balance on one leg rather than sit down to pull up his pants. This is not their usual routine when Mary takes her time helping Robert get ready for the day.

B. The Behavior.

Robert loses his balance because Mary is rushing him so much. He grabs her arm for support and does not let go. When she yells, he grabs even tighter. Robert is now digging his nails into Mary's arm.

C. The Consequence. The events that followed the behavior.

Mary loses control and smacks Robert in the face (something she had never done before). He hits her back. Mary thinks he is fighting, though it may be that he is just afraid and doing to her what she did to him.

One problem leads to others and Mary now worries that Robert will hurt her again. She questions whether she can care for him at home and wonders whether Robert must go to a nursing home.

Now let's look again at this story using the ABC way. Mary can see that the problems started when she rushed around and did not think of how Robert would react. She now knows she must avoid these types of situations.

- Mary learned that because Robert has Alzheimer's disease, he cannot be rushed. While she should not feel guilty, she should realize how her actions made this worse.
- If Mary is ever late again, she will call the doctor's office and ask if they can make a new appointment or come in later in the day. This is better than expecting Robert to change his behavior.
- Mary will make a list of what happened just before Robert's upsetting behavior. She will look for causes of what went wrong and figure out ways to avoid them.
- Mary will also think about her own actions and what did or did not work well.
- Mary will use the ABC way to help Robert to be more cooperative in the future. This is a way to understand what happened, and figure out ways to better manage in the future.

Food Stamp Program Has New Name – SNAP

NOTE: As of Oct. 1, 2008, the federal Food Stamp Program has a new name! It stands for the Supplemental Nutrition Assistance Program (SNAP), and reflects the changes made to meet the needs of consumers, including a focus on nutrition and an increase in benefit amounts.

Do you or someone you know need some food assistance?

Many seniors are using up their savings in order to pay for every day expenses such as food and housing. Social Security checks will probably not go up this year, but Medicare costs are likely to increase.

During the months of November and December, Department of Human Service (DHS) will be joining the Oregon Hunger Task Force (OHTF) at many of the Washington County senior meal sites, to assist seniors in finding out what food assistance they may obtain as well as other services.

Times are difficult for many senior households, and DHS and OHTF want to help people get the services they need and deserve. All information is private and confidential. Please be sure to bring information about your monthly income and expenses.

Find out if you may qualify by dropping by at the following dates and locations:

November

- Tuesday, November 17, 10:45-1:00,
Hillsboro Community Senior Center, 750 SE 8th Avenue
- Wednesday, November 18, 10:45-1:00,
Tualatin/Durham Senior Center, 8513 SW Tualatin Road
- Friday, November 20, 11:00-1:00,
North Plains Senior Center, 31450 NW Commercial Street
- Monday, November 23, 10:00-1:00,
Elsie Stuhr Center, 5550 SW Hall Boulevard, Beaverton
- Tuesday, November 24th, 10:45 - 1:00
Sherwood Senior Center, 21907 SW Sherwood Blvd.
- Monday, November 30, 10:45-1:00,
Tigard Senior Center, 8815 SW O'Mara Street

December

- Monday, December 14, 10:00-1:00,
Elsie Stuhr Center, 5550 SW Hall Boulevard, Beaverton
- Wednesday, December 16, 10:45-1:00,
Hillsboro Community Senior Center, 750 SE 8th Avenue
- Thursday, December 17, 10:45-1:00,
Tigard Senior Center, 8815 SW O'Mara Street
- Friday, December 18, 10:45-1:00,
Tualatin/Durham Senior Center, 8513 SW Tualatin Road
- Monday, December 21, 11:00-1:00,
North Plains Senior Center, 31450 NW Commercial Street
- Tuesday, December 22, 10:45 - 1:00
Sherwood Senior Center, 21907 SW Sherwood Blvd.

For more information contact Judith Auslander at 503-318-9343.

Veterans View

Honoring Service, Honoring Sacrifice

Emergency Payments for Veterans Awaiting VA Educational Benefits

(taken from Department of Veterans Affairs)

Secretary of Veterans Affairs, Eric K. Shinseki has authorized advance payments up to \$3,000 for Veterans who have applied for VA educational benefits and who have not yet received their monthly education payments.

If you are a Veteran who has applied for one of the VA's education programs and have not yet received your monthly benefit payment for the Fall 2009 term, you can submit a request for an advance payment at <https://advancepay.gibill.va.gov/>

Advance payments will be issued by the U. S. Treasury within 3 workdays (Monday through Friday) following submission of this request. Payments will be in the form of a check sent through the U.S. mail. You should therefore anticipate an additional 3 days

(excluding Sundays) for the U.S. Postal Service to deliver your check.



You can also visit one of the VA's 57 regional offices across the country to immediately receive an advance payment. You will need to bring a photo ID and your course schedule when you visit the regional office. A list of VA's regional offices is available at www.vba.va.gov/VBA/benefits/offices.asp.

The advance payments will be reconciled with future education payments owed to you.

The amount of the advance payment will be determined as follows:

- Post-9/11 GI Bill \$3,000
- Montgomery GI Bill - Active Duty \$3,000
- Montgomery GI Bill - Selected Reserve \$1,000
- Reserve Education Assistance Program \$2,000
- Post Vietnam Era Educational Assistance Programs \$1,000

By completing the information at the website, VA will be collecting personally identifiable information. If you choose not to provide this information over the internet you may visit a VA Regional Office to request assistance in person.

Washington County Veterans Day Events for 2009

Beaverton

November 11th - 11a.m. - A ceremony at Memorial Park, between Watson and Hall Streets. Southridge High School's choir will sing and the American Legion Post 124's Honor Guard will post the Colors.

Contact: Marv Doty, 503-644-0350.

Forest Grove

November 8th - 11:30 a.m. - American Legion Post 2 and Elks Lodge 2440, at 2810 Pacific Ave., will co-host ceremonies, entertainment and a free dinner for veterans, current active duty military personnel, and their families. Dinner served at 1 p.m.

Contact: Jim Craig, 503-357-3660 or 503-357-2440.

Hillsboro

November 11th - 11 a.m. - VFW Post 2666 will host a program at Fir Lawn Cemetery, 1070 S.W. Main Street. Refreshments will be served.

Contact: George Anderson, 971-404-7905.

Tigard

November 11th - 12 p.m. - Annual Hobo Stew luncheon for American Legion Post 158 members and guests will be held at Post 158, 8635 S.W. Scoffins Street.

Contact: Mark Pedersen, 503-624-2332.

VA Extends “Agent Orange” Benefits to More Veterans— Parkinson’s Disease, Two Other Illnesses Recognized

(taken from Department of Veterans Affairs)

WASHINGTON – Relying on an independent study by the Institute of Medicine (IOM), Secretary of Veterans Affairs Eric K. Shinseki decided to establish a service-connection for Vietnam Veterans with three specific illnesses based on the latest evidence of an association with the herbicides referred to Agent Orange.

The illnesses affected by the recent decision are B cell leukemias, such as hairy cell leukemia; Parkinson’s disease; and ischemic heart disease. Used in Vietnam to defoliate trees and remove concealment for the enemy, Agent Orange left a legacy of suffering and disability that continues to the present. Between January 1965 and April 1970, an estimated 2.6 million military personnel who served in Vietnam were potentially exposed to sprayed Agent Orange.

In practical terms, Veterans who served in Vietnam during the war and who have a “presumed” illness don’t have to prove an association between their illnesses and their military service. This “presumption” simplifies and speeds up the application process for benefits. The Secretary’s decision brings to 15 the number of presumed illnesses recognized by the Department of Veterans Affairs (VA).

“We must do better reviews of illnesses that may be connected to service, and we will,” Shinseki added. “Veterans who endure health problems deserve timely decisions based on solid evidence.” Other illnesses previously recognized under VA’s “presumption” rule as being caused by exposure to herbicides during the Vietnam War are:

- Acute and Subacute Transient Peripheral Neuropathy
 - AL Amyloidosis
 - Chloracne
- Chronic Lymphocytic Leukemia
 - Diabetes Mellitus (Type 2)
 - Hodgkin’s Disease
 - Multiple Myeloma
- Non-Hodgkin’s Lymphoma
 - Porphyria Cutanea Tarda
 - Prostate Cancer
- Respiratory Cancers, and
 - Soft Tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma, Kaposi’s sarcoma, or Mesothelioma)

Additional information about Agent Orange and VA’s services and programs for Veterans exposed to the chemical are available at: www.publichealth.va.gov/exposures/agentorange.

For additional assistance, please contact **Washington County Disability, Aging and Veteran Services at 503.640.3489.**

Did You Know?

If a veteran is receiving a higher level of compensation or pension benefits because the VA has determined that the veteran needs the aid and attendance of another individual or is permanently housebound, can the non-VA prescriptions for treatment of the veteran can be filled by the VA?

Yes! In other words, a veteran in a private nursing home, eligible for VA pension with aid and attendance, can receive medication without cost from a VAMC pharmacy. This benefit can be applied for by using VA Form Letter 10-483, Request for Outpatient Treatment or Drugs and Medicines.

For assistance or additional details, please contact **Washington County Disability, Aging & Veteran Services** at 503.640.3489.

Veterans in Numbers Trivia:

- A. What is the number of military veterans in the United States?**
- B. How many women veterans serve in the United States?**
- C. How many veterans are age 65 or over?**
- D. How many veterans are in the state of Oregon?**
- E. How many veterans are in Washington County?**
 - A. 24.9 million
 - B. 1.7 million
 - C. 9.7 million
 - D. 340,000
 - E. 37,243

Safety Tips for Senior

(excerpts taken from The National Association of Triads, Inc.)

Being a victim of a crime, at any age, is a tragedy. On the positive side, as people get older, their chances of becoming a victim of crime decreases considerably. However, a single senior victimization can frighten a community of seniors. Often, seniors take precautions and continue on with their lives while others acutely alter their lifestyle or withdraw. The senior may abandon patterns of visiting friends, going to their place of worship, shopping, and other social interaction.

"Secondary Victimization" can lead to a condition of hyper vigilance, suspicion and paranoia. This becomes more acute with violent crimes. For the isolated or incapacitated senior, perception of the outside world is based on, and often skewed by media reports that sensationalize crime.

Seniors are more likely to become victims of targeted crimes such as frauds & scams, purse snatching, pick pocketing, mail theft, and elder abuse. Financial loss can do irreparable damage to a limited budget as well as emotional well-being. Physical and emotional trauma can lead to slower injury recuperation or incapacity.

The key is to conquer fear and be as prepared as possible. Also, remember to report any suspicious activity or crime to your local law enforcement officials.

Senior Safety Tips:

Be Aware — Know where you are and what is going on around you. Look alert.

Body Language — Keep your head up, swing your arms, and stand straight.

Walk with someone, know the area — Don't walk alone or in unfamiliar neighborhoods. Trust your instincts, if you sense something is wrong, get away quickly.



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Calendar of Events

Aging and Veteran Services Advisory Council
Thursday, November 19th, 9:00 a.m. – Noon
Washington County Disability, Aging and Veteran Services
133 SE Second Ave., Hillsboro

Thursday, December 17th, 9:00 a.m. – Noon
Washington County Disability, Aging and Veteran Services
133 SE Second Ave., Hillsboro

Council on Aging, Inc.
Monday, November 9th, 1:00pm
Forest Grove Senior Center
2037 Douglas Street, Forest Grove

No meeting in December.

The Advisory Rebecca Tabra

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