



SENIOR NEWS



LABOR DAY

**Simi Valley
Council On Aging
Executive Board**

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www.simivalley.org

Presented by:



15th Annual Age 50+ Simi Valley Community Games

Rancho Simi Recreation and Park District



Tues, Oct. 13-Weds, Oct. 28, 2020

For a full list of games,
dates and times visit the
Age 50+ Webpage at
www.RSRPD.org

1-Mile Walk
25-Yard Swim
Aquatic Float/Walk
Basketball Hoop Shoot
Bingo
Bocce Ball
Corn Hole
Golf
Horseshoes
Shuffleboard
Wii Bowling

Register
Monday, Sept 14 - Friday, Oct 2

Register *ONLINE* at www.RSRPD.org
Select Online Registration
Community Games can be found under
Simi Valley, Age 50+ Programs

or

Visit the website at www.RSRPD.org
Recreation/Age 50+ webpage
download the form

or

Visit our District Headquarters located at
4201 Guardian Street Mon - Fri, 8 am - 5 pm

Thank you to our Games Sponsor

 **Simi Valley
Council On Aging**

**Questions?
805-584-4400**

Keith L. Mashburn, Mayor Mike Judge, Mayor Pro Tem Dee Dee Cavanaugh, Council Member Ruth Luevanos, Council Member Elaine P. Litster, Council Member



Ventura County Area Agency on Aging **MEDICARE OPEN ENROLLMENT**

The Ventura County Area Agency on Aging's Health Insurance Counseling and Advocacy Program (HICAP) will be hosting online and telephone presentations focusing on 2021 Medicare Open Enrollment.

Join us at 10 a.m.

(Presentations in Spanish will begin at 12 p.m.)

September 4 - Understanding your Medicare Coverage and Annual Notice of Change

September 11 - Open Enrollment 101

September 14 - Benefits Enrollment Center: Are you eligible to save money?

September 18 - Ask Us: We are here for YOU! (Community Forum Open for Q and A's)

These online and telephone community forums will focus on you!
Registration Required. For additional information or to register, e-mail HICAP@Ventura.org.



Virtual Path to Positive Aging Series

Creating a COVID-19 Backup Plan:

What do you if you or your loved one becomes ill



When:

Tuesday, Sept. 8th, 2020
4:00 pm to 5:00 pm

Location:

Zoom Virtual Seminar

RSVP:

Please register online at <https://www.seniorconcerns.org/seminars/> or email questions to: info@seniorconcerns.org

Join this workshop to:

- ✓ Learn what to do if you or your loved one become ill
- ✓ Understand options for care
- ✓ Discuss the latest updates to help you create a roadmap for your needs
- ✓ Learn what legal documents you should have in place
- ✓ Know what supplies to have in your home to be prepared
- ✓ Discuss the fears and the “what ifs” so you can practice your plan

Presented By: Nancy E. Avitabile, LMSW, CMC, Owner/Care Manager, Urban Eldercare, LLC

Nancy is the owner of Urban Eldercare, LLC and a founding partner of Home Care Match, LLC. Nancy is an LMSW, former researcher and Aging Life Care Manager. As a 6-year board member and 2018 President of the Aging Life Care Association™, she has been featured on Thomson Reuters, “The Business of Managing Old Age”, has written for the Aging Life Care Association™ publications, “Inside ALCA” and “The Journal of Aging Life Care” and has been quoted in Consumer Reports, US News and World Reports, caring.com and seniorhomes.com. In 2006, she was honored with the Outstanding Chapter Member award for the New York Chapter and in 2014, she became a Fellow of the Leadership Academy. Nancy holds an MSW, a BFA and BA from the University of Connecticut. She has a Post Masters Certificate in Gerontology from the Brookdale Center of Healthy Aging, where she is now an instructor.

Join the Monthly Virtual Book Club

Upcoming Meetings and Books for Discussion
2:00 p.m. - 4:00 p.m.

- September 18 ~ "Where the Crawdads Sing"
By Delia Owens
- October 16 ~ "The Farm"
By Joanne Ramos
- November 13 ~ "The Woman I Was Before"
By Kerry Fisher

This activity is free and all are welcome to attend.
Call (805) 583-6363 to sign up and have the Zoom information sent to you via email.



Virtual Chair Yoga

Are you looking for a way to unwind all your tension and stress? The Simi Valley Senior Center is now offering a Chair Yoga class you can join from the comfort of your own home via Zoom. All classes are taught by Smita Dandekar.



Classes will be Mondays
from 3:00 p.m. - 4:00 p.m.
beginning September 14.

This activity is free and all are welcome to attend.
Call (805) 583-6363 to sign up and have the Zoom information sent to you via email.



VIRTUAL MOVIE CLUB

Upcoming Meetings and Films for Discussion

- September 23 ~ *Butch Cassidy & The Sundance Kid*
- October 21 ~ *Quartet*
- November 18 ~ *On Golden Pond*

Discussions meet from 3:00 p.m. to 4:00 p.m.



This activity is free and all are welcome to attend.
Call (805) 583-6363 to sign up and have the Zoom information sent to you via email.

You can stream these movies for free through Simi Valley Public Library on hoopla! It's easy to sign up for an internet account on the website!

Go to

<https://simivalleylibrary.org/library-card/>

and fill out the online application.

If you already have a card, just log in using your library account number located below the barcode. Then enter your four-digit code and voila! You are now able to search not only the library, but you can also access hoopla which has lots of movies, audiobooks, and music!

Don't know your four-digit code or you still have questions? Please send an email to AskUs@simivalleylibrary.org.

Simi Valley Council On Aging Online Meeting

Monday September 14, 2020

1:00 p.m. – 3:00 p.m.

**Call (805) 583-6363 to sign up
to receive the Zoom meeting link**



In response to the evolving health concerns surrounding our community, the Senior Center will continue to be **closed until further notice.** City administrators will be closely monitoring the recommendations of public health officials and will resume operations at the Center when it is deemed safe.

Senior Center Update via Zoom Meeting Wednesday, September 23, 2020 at 10:00 a.m.

Senior Center staff will be offering an update on ongoing and upcoming programs at the Senior Center and the availability of resources to the senior community during the closure. Staff will also review possible changes that will be implemented upon reopening and field any questions that you may have.

This meeting will take place virtually using Zoom, so **if you are interested in participating, please call the Senior Center at (805) 583-6363 between 9:00 a.m. and 1:00 p.m. Monday through Friday.** Provide your email address so that a participation link can be sent to you. If you have questions prior to this meeting, contact the Senior Center.

COVID-19 Scams and Healthcare Fraud: An Online Webinar



**Tuesday, September 15, 2020
10:00 - 11:00 a.m.**

Whenever disaster hits, greedy scammers and fraudsters begin to pounce on unsuspecting victims. As the coronavirus spreads throughout our communities, disrupting our way of life and instilling fear among us, we must remain vigilant. If not, enterprising criminals will take advantage of that fear to perpetrate consumer fraud.

Scammers are experts at shifting tactics and changing their message to catch consumers off guard. They are using phone, text, mail, email and fraudulent websites to tout everything from fake COVID-19 test kits to miracle cures. Their schemes also take advantage of the fact that medical supplies and equipment for combatting the virus, along with basic living essentials, have become difficult or nearly impossible to obtain.

This free webinar will be presented by Micki Nozaki, Director of the California Senior Medicare Patrol project at California Health Advocates. She will address fraud that seeks to exploit consumer confusion and fear in the coronavirus era.



**Call (805) 583-6363 to sign up to have the
Zoom information sent to you via email.**

SPEAKER SERIES ONLINE 2020

COMMUNITY MEMORIAL HEALTHCARE FOUNDATION
PRESENTS:



Ethics in Healthcare

NOW WHAT??!

*Making Decisions in Uncertain
Times – A Pandemic Perspective*

This online
event will take
place on:

WEDNESDAY
SEPT. 16
5:30 p.m.

To RSVP for this free,
informative online seminar,
hosted by Community Memorial
Healthcare Foundation,
VISIT: cmhshealth.org/rsvp

The coronavirus pandemic has forced all of us to constantly change our daily routines. Do we go to work, to school, to a restaurant or on a vacation? Should our five-year-old start kindergarten or our 18-year-old move away to college? Is it safe to visit Grandma?

In these changing and uncertain times, all of us are being asked to make these difficult personal and family decisions. It's exhausting and also confusing. Who should we listen to for reliable advice? Who should we trust?

Our panel of experts will provide you with the latest clinical information pertaining to the coronavirus so that YOU can make the most informed decisions possible about the many questions regarding day-to-day activities.

SPEAKERS

Dr. Jim Hornstein
Moderator, CMHS Chair of
the Bioethics Committee

Gary Wilde
President & CEO, CMHS

Dr. Neil Canby
ER Physician, CMHS

Erin Slack, MPH
Ventura County Public
Health Department

— REUNITED —

COFFEE & CHAT

Do you miss conversing with others? Join us for some coffee & a conversation via Zoom. Discuss current events, family and life in general for a chance to reconnect with your friends here at the Simi Valley Senior Center.

You make the coffee, we'll bring the topics!!

Thursdays, September 17 & 24 at 9am

This activity is free and all are welcome to attend. Call **(805) 583-6363** to sign up and have the Zoom information sent to you via email.



CITY OF SIMI VALLEY

Virtual Path to Positive Aging Series

**Legalities of Hiring In Home Care
During COVID**



Join this workshop to:

- ✓ Understand Personal Attendant Pitfalls
- ✓ Safety measures for in home care during COVID-19
- ✓ Discuss Meals and Rest Break Problems
- ✓ Learn How to Accommodate for Sleep Time
- ✓ Learn how to work out Overtime Calculations

When:

Tuesday, Sept. 22nd. 2020
4:00 pm to 5:00 pm

Location:

Zoom Virtual Seminar

RSVP:

Please register online at <https://www.seniorconcerns.org/seminars/> or email questions to: info@seniorconcerns.org



Presented By: Jon Light, Attorney

Jon Light has more than 30 years of experience in the field of employment law, is AV-rated by Martindale Hubbell, and has been named multiple times as one of Southern California's "Super Lawyers" by Los Angeles Magazine.

JUMP FOR JOY!

When you're just tired of not being able to go shopping because it's not safe ...

JUMP FOR JOY!

Shop online at our upcoming **Virtual Craft and Gift Event** coming your way on September 25 through 28.

Satisfaction is as close as your cell phone, tablet, or computer.

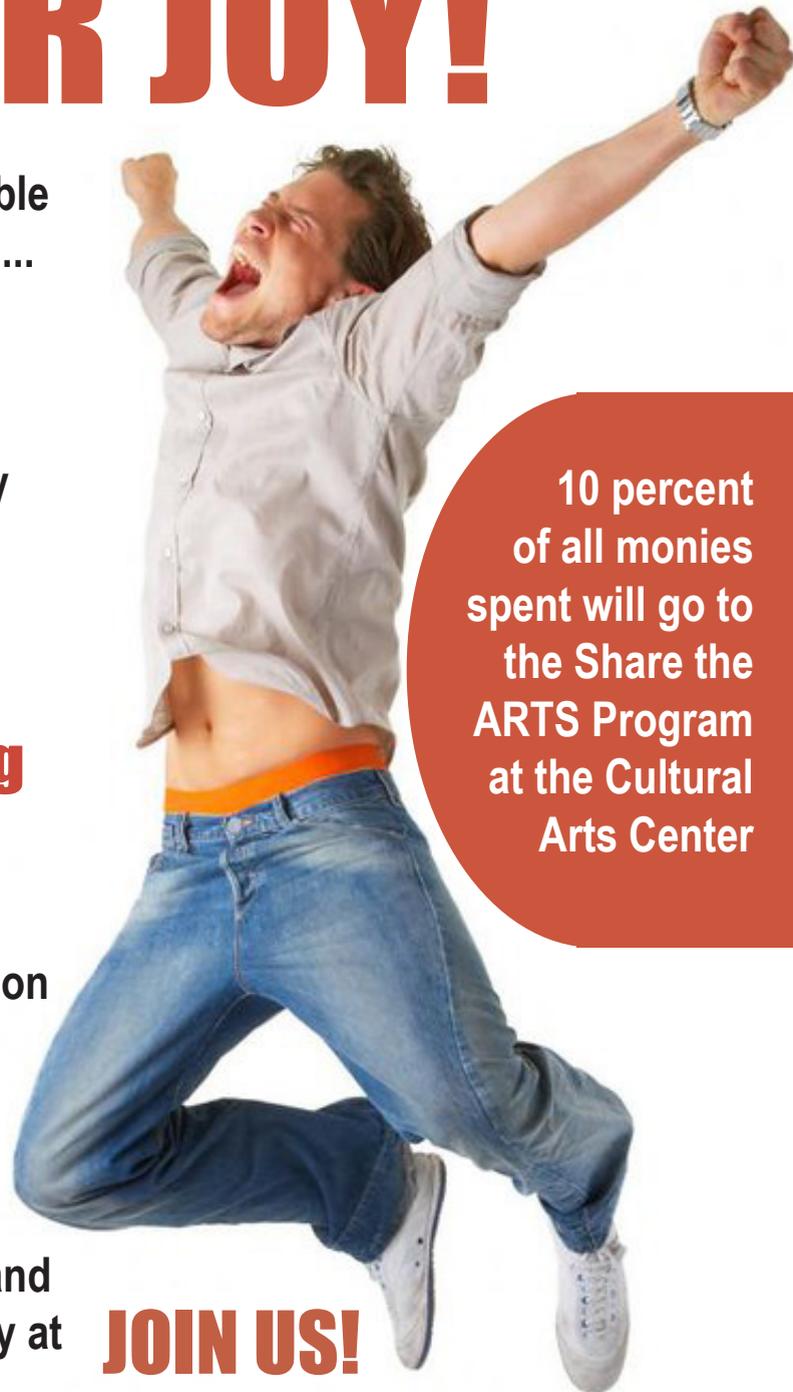
Sign in at www.svvac.org

And get shopping!

The event will go live at 12 Noon on September 25 and run through 12 Noon on Monday, September 28.

Over 40 Vendors

Don't miss this great opportunity to shop for unique craft and gift items and support your local theater community at the same time!



10 percent of all monies spent will go to the Share the ARTS Program at the Cultural Arts Center

JOIN US!

CRITICAL CARE BACKUP BATTERY PROGRAM

Be prepared in the event of an unexpected power outage.

Get a **free**, clean-energy backup battery to operate your medical device during an outage.



Portable Backup Battery



Solar Panels

Introducing our Critical Care Backup Battery Program

Our Critical Care Backup Battery (CCBB) Program offers a free portable backup battery to power your medical device in the event of a power outage. And, should the power outage be an emergency that requires you to evacuate, this portable, temporary power may help while you relocate to safety.

What are the qualifications to participate in the program?*

- You must be identified as a Critical Care customer through SCE's Medical Baseline program whose physician has verified on the Medical Baseline application that they require medical equipment for life-support purposes and cannot be without power for more than two hours.
- You must be enrolled in either the California Alternate Rates for Energy (CARE) or Family Energy Rate Assistance (FERA) program.
- You must live in an area SCE designates as a High Fire-Risk Area. To determine if you reside in a high fire-risk zone, visit the CPUC High Fire-Risk Map at <https://ia.cpuc.ca.gov/firemap/>.

What is included with the CCBB Program?

Along with a portable, rechargeable, clean-energy backup battery, the program includes a solar panel kit for additional charging capability. The batteries come in a variety of sizes to provide temporary power to critical medical devices, and with the solar panels, are delivered and set up at no cost.

Battery Size	Dimension and Weight
1.5 kW	<ul style="list-style-type: none"> 10.1 x 15.3 x 10.4" 43 lbs
3.0 kW	<ul style="list-style-type: none"> 10.1 x 15.3 x 13.1" 78 lbs Roll cart
6.0 kW	<ul style="list-style-type: none"> 10.1 x 15.3 x 17" 106 lbs Roll cart
Solar Panels	<ul style="list-style-type: none"> 200 Watts total 44" L x 6" W x 29" H 43 lbs Storage case

Battery sizes, dimensions, weights and features may change based on the manufacturer's specifications.

What medical devices does the backup battery support?

Depending on the size of the battery, temporary backup power can be provided to devices such as a nebulizer, motorized wheelchair charge, respirator, ventilator, or other medical device.

How does the CCBB Program work?

In one simple phone call, an SCE-approved contractor will verify your eligibility, determine the battery size for your current medical device(s), and arrange an appointment for delivery. Like the battery, the delivery and set up — which includes reviewing the simple operation and care of the equipment — is provided at no cost.

Don't miss this opportunity.

Call us at **1-800-736-4777** for more information.

*The Critical Care Backup Battery Program is funded by California utility ratepayers and administered by Southern California Edison under the auspices of the California Public Utilities Commission.

Additional program restrictions and limitations may apply. Services may not be available in all areas. Services are offered on a first-come, first-served basis until funding is expended or the program is discontinued. Program may be modified or terminated without prior notice. California consumers are not obligated to purchase any full fee service or other service not funded by this program. This program is available to both homeowners and renters. Renters may be required to obtain the property owner's written permission before services are delivered.