



**AREA AGENCY ON AGING**  
*assistance ► advocacy ► answers*

AgeWell e-Newsletter | November 2024 | Issue 05 | AgeWell is an ACOA  
Publication

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**Quote of the Day:** *"It does not matter how slowly you go, as long as you do not stop."* -  
**Confucius**

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#### **NOTES FROM THE CHAIR – NOVEMBER 2024**

On October 8th I, along with the Executive Director of the Area Agency on Aging, and Advisory Council colleague Olga Curtright, attended the annual "California for All Ages and Abilities – Day of Action. Over five hundred aging advocates from around the state attended in person at the SAFE Center in Sacramento and another five hundred joined us electronically, including several Council colleagues. We heard a series of speakers and committee chairs discussing the progress made with the state's Master Plan for Aging and the work that remains to be done.

One of the two keynote speakers was Xavier Berrera, the United States Secretary of Health and Human Services. Prior to being appointed to his current position in 2021, Xavier served as California's Attorney General from 2017-21. Before that, he served fourteen years in the U.S. House of Representatives.

[\*\*READ MORE HERE\*\*](#)



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## Legislative Update



### Legislation Report — Oct 2024

California's ten-year Master Plan for Aging (MPA) has five major goals:

- Housing for All Ages and Stages
- Health Reimagined
- Inclusion and Equity, Not Isolation
- Caregiving that Works
- Affordable Aging

Attached is a summary of 2023-24 legislative bills and budgets requests compiled by Justice In Aging related to the MPA. Detailed information on each bill can be found at [leginfo.legislature.ca.gov](http://leginfo.legislature.ca.gov). [SUMMARY](#)



### The California Senior Legislature Announces Top Legislative Priorities for 2025

(Sacramento, CA) The California Senior Legislature (CSL) adjourned its 44th Annual Legislative Session and announced the Top State Legislative Proposals this week.

Members will advocate diligently during the 2025 legislative session to have state lawmakers support these priorities. Each priority has the Governor’s Master Plan for Aging (MPA) goal referenced. [See the top ten State Legislative proposals.](#)

### In the News

# Medicare.gov

MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7

**OPEN  
ENROLLMENT  
STARTS  
TODAY.**



Medicare's Open Enrollment Period is here! Visit [Medicare.gov](https://www.medicare.gov) now through **December 7 to compare all your coverage options**. You could save money, find better coverage, or both! If you decide to enroll in a different option, your new coverage will start January 1.

### **[COMPARE COVERAGE OPTIONS](#)**

Good news! Starting in 2025, all Medicare plans will include a **[\\$2,000 cap on what you pay out-of-pocket for prescription drugs](#)** covered by your plan. Review your plan to make sure it covers your drugs and meets your needs and budget for 2025.

Save time — **[create or log into your secure Medicare account](#)** to:

- **Review a summary of your current coverage.**
- **Compare your current plan with next year's plan.** Select "Compare Plan Details" on your summary page to see a side-by-side comparison of how your current plan's costs and benefits will change in 2025.
- **Save your drugs and local pharmacies** to your account to get better estimates of your prescription drug costs. Your cost scan vary based on the pharmacy you use, so picking different pharmacies helps you find the lowest prices.



**CALIFORNIA HEALTH ADVOCATES**  
Medicare: Policy, Advocacy and Education

### **[Navigating Medicare's Open Enrollment & 2025 Updates – Recorded Webinar](#)**

Have questions on how to navigate Medicare's Open Enrollment period (Oct 15 – Dec7) and wondering what's new... Watch our recorded webinar, **[2025 Medicare Updates – What Beneficiaries Need to Know](#)**.



### **Molly's Angels Expands to Solano County!**

What started 25 years ago with a pickle jar and a simple \$1 request has blossomed into a community treasure. As we celebrate the silver anniversary of Molly's Angels, we honor the incredible legacy of our founder, Molly Banz, whose life has touched thousands in Napa Valley.

We're thrilled to share some exciting news! Molly's Angels, a nonprofit organization dedicated to supporting seniors in Napa Valley, is expanding our heartfelt mission into Solano County. This marks a wonderful new chapter in our journey to help older adults live with independence, dignity, and connection.

Our work at Molly's Angels is driven by the kindness of our volunteers, and we're proud to have over 1,000 clients in Napa Valley. Now, we're bringing the same care to Solano County through our two main programs: Molly Cares and Transportation to Medical Appointments.

Molly Cares is all about connection. We match volunteers with seniors for weekly check-in calls. These friendly chats do more than brighten someone's day—they also help us identify any additional resources a senior might need.

Our Transportation program is powered by dedicated volunteers who provide safe, reliable rides to medical, dental, and vision appointments. Every driver goes through a thorough background check and training to ensure the safest service. And the best part? All our services are completely free!

In 2023 alone, Molly's Angels provided over 4,400 rides, covered nearly 40,000 miles, and made over 4,100 calls to isolated seniors in Napa Valley. Now, we're ready to bring this caring spirit to Solano County, continuing our tradition of "Neighbors Helping Neighbors."

We're on the lookout for kind-hearted volunteers in Solano County to join us in making a difference. Whether it's providing transportation, companionship, or just lending a hand with prescription pickups, your time and compassion can truly change lives. Even just a few hours a week can make a lasting impact.

We're so grateful for the warm welcome from Solano County Meals on Wheels, Choice in Aging and the entire service provider community. As we settle into our new home, we'd love to connect with more community members—whether through volunteering, donating,

or simply spreading the word. We're also open to speaking at community gatherings or attending events to share more about what we do.

Together, we can ensure that seniors in Solano County receive the care and support they need to live fulfilling lives with dignity and independence. To learn more, visit [www.mollysangels.com](http://www.mollysangels.com) or call 707.224.8971

With heartfelt gratitude,

Devereaux Smith, Executive Director, and The Board of Directors, Staff, and Volunteers of Molly's Angels

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### **This California City Was Just Named One of the Best Places to Retire in the U.S. for Its Mediterranean-like Climate and Affordability**

Choosing the right [retirement destination](#) is not a one-size-fits-all process. Seniors usually have to weigh in multiple factors such as relative affordability, entertainment and recreation options, weather, and access to quality health care. Although a place rarely performs well in all categories, [Fortune's new study](#) of top retirement destinations names one California city that comes pretty close. [READ MORE](#)

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The city of Fairfield Parks & Recreation Department invites you to join for the Annual Fall Harvest Dinner, hosted by the Fairfield Community Services Foundation, on **Thursday, November 14, at 5:30 p.m.**

**The dinner will be held at the Adult Recreation Center (ARC) located at 1200 Harry Price Drive.**

Enjoy live music, a delicious meal, and a warm atmosphere while celebrating fall. The cost of the event is \$15 per person, and tickets may be purchased by clicking [here](#).

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# LORI D. WILSON

Assemblywoman, District 11

# OPERATION

## GOBBLE GOBBLE 2024



BAY AREA



In collaboration with Food is Free Bay Area & Center for Volunteer & Nonprofit Leadership, one box of food per family (**while supplies last**). Please enter through the main gate.

For more information call: (707) 438-7359

<b>DAY</b> NOV 23	<b>TIME</b> 12:00PM to 2:00PM	900 Fairgrounds Drive Vallejo, CA
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[asmdc.org/wilson](http://asmdc.org/wilson)



(707) 438-7359



AsmLoriDWilson





# Molly's Angels Holiday Luncheon

**Friday, December 6, 2024**

11:00 a.m. to 2:00 p.m.

Elks Lodge, 2840 Soscol Avenue, Napa

Come celebrate our 25th Anniversary  
Enjoy Christmas Carols from the Napa High Choir

The luncheon includes our annual resource fair,  
highlighting senior service providers in Napa County.

**Space is limited, rsvp today to 707.224.8971**

molly's  angels  
*Neighbors Helping Neighbors*

Support Molly's Angels at [mollysangels.com](https://mollysangels.com)

## Featured Stories



### Hospice

*Submitted by Cathleen Wagner, ACOA Member*

I wasn't quite ready to hear that word.

A doctor was suggesting that my Dad accept hospice services. He said something about keeping him comfortable; something about letting him remain safe in his own home, where he wanted to be. My Dad was tired of the repeated ambulance drives to the emergency department.

The doctor wanted to hear my response. Tears.

Certainly not tears because of the "H" word. Tears because it was time to prepare to say my earthly goodbye to my Father. My Dad. The man who is a living hero. In my eyes, and in so many others'. Over the years, I have had the chance to think about this goodbye. My father is 101, so the end of his life on earth has been in the back of my mind for years. But as anyone who has experienced it knows, saying goodbye to a loved one is not easy. Ever. So, my response –should my Dad accept the hospice services –is yes, of course.

But as a Hospice Nurse myself, I would like to share the extensive benefits of Hospice. For many of my patient's families, the word hospice itself is emotional, and often results in tears. Why would you even consider putting a loved one hospice? [STORY CONTINUED HERE](#)



### Watch Your Step!

*Submitted by Alan Werblin, ACOA Member*

In my backyard I have a koi pond. Two of the inhabitants are red ear slider semi-aquatic turtles. I bought both of them from Petco when they were the size of a computer mouse. Twenty years later, they are the size of a football. The larger of the two we call Mr. T. He loves to wander. He has explored the whole yard and more recently has ventured into my neighbor Bill's yard, where he has enjoyed the jacuzzi and the swimming pool.

The last time Bill called to inform me that he had an unwanted reptilian guest enjoying his pool my grandkids, DeMiyah and DJ, 7 and 8 1/2 were visiting. My wife Tina and the two grandkids accompanied me to rescue Mr. T. On the way through Bill's gate my flip flops caught on a rock, and I fell face first into a collection of wooden flower planter boxes.

The kids were horrified." Mr. Bill, Mr. Bill, Papi fell down, Papi fell down!!" DeMiyah sobbed "Papi, are you alright, can you get up?" I could and I did though my pride, arms, wrists, and shin were injured.

Once DJ and DeMiyah were reassured that I was OK, the reproaches began.

"Papi, you must be more careful. Watch your feet and move more slowly. You could have hit your head and died!!"

"You have to watch where you're going. Put one foot in front of the other and PAY ATTENTION!!"

As soon as their mom and Dad arrived a full debriefing occurred, primarily by DeMiyah.

"Mommy, Daddy, Papi fell at Mr. Bill's and hurt himself!! told him he needs to be more careful and watch where he's going."

This recount was repeated multiple times for the next few days to anyone she encountered.

So, as they say, "A word to the wise is sufficient."

"Out of the mouths of children,,,,,"

My special advice to my fellow seniors?

A spill, a slip, a hospital trip.

Be careful, please!



### [Slips, Trips and Fall Slogans.....](#)

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## **Fall prevention tips for seniors**

In this 3-part video, seniors get helpful strategies for preventing falls. After George breaks his hip in a fall, see how he and his wife take steps to improve their balance and fall-proof their home. [See video here.](#)

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## **Recognizing the Warning Signs and Symptoms of a Stroke**

What are the early signs of a stroke? DaMarcus Baymon, MD, Emergency Medicine

Physician at Brigham and Women's Hospital and Faulkner Hospital, describes how to quickly identify stroke symptoms using the F.A.S.T. acronym.

<https://www.youtube.com/watch?v=knyTSTwGBxA>

Get Involved

COMMUNITY VOLUNTEERS WANTED!



### **Volunteering: The Impact You Make!**

First, a heartfelt thank you to Meals on Wheels, Choices in Aging, Healthy Solano, and the Rotary and Kiwanis clubs for welcoming us into your community. We are excited to collaborate and support the 90,000 seniors in Solano County together.

Every act of kindness, every moment you give, changes lives in ways you might not see—but they are deeply felt by those who need them most. A warm smile, a listening ear, or a helping hand—these simple gestures can lift spirits, offer hope, and remind someone they aren't alone. When you volunteer, you become a bright spot in someone's day, creating ripples of positivity that go far beyond the moment. It's not just about giving your time; it's about giving from the heart.

At Molly's Angels, we rely on volunteers like you to make a difference for isolated seniors who need a friendly check-in call each week. As a volunteer, you'll be paired with a senior in your community, and together, you'll find a time that works for a quick, weekly 30-

minute chat. These calls do more than brighten a senior's day—they keep us alert to any needs, like food insecurity or signs of potential financial fraud.

But volunteering with us isn't just about giving; it's also about connection. Our volunteers have built their own community, gathering at quarterly events to share stories and support one another. We are especially grateful for those who've been with Molly's Angels for over a decade, and for those who, over time, transition from volunteer to client, making our motto—Neighbors Helping Neighbors—a full-circle commitment.

We're here to support you, too! We'll assist with background checks and offer incentive programs and special events. Become an ANGEL today by calling 707.224.8971 or [visiting mollysangels.com](https://mollysangels.com).

Devereaux Smith  
Molly's Angels  
Executive Director

**Curious about our story?**

**Watch our 25th Anniversary Video here:**<https://vimeo.com/1019860992>

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# VOLUNTEER OPPORTUNITIES SESSION:

**GIVE US 30 MINUTES AND WE'LL GIVE YOU  
3 WAYS TO MAKE A DIFFERENCE!**

Tuesday, November 19, 2024 | 5:30-6 p.m.  
Virtual via Zoom

The Alzheimer's Association Northern California Northern Nevada Chapter is looking for volunteers - from awareness to community education, fundraising events, public policy advocacy and more. Join us to explore different volunteer roles that can work for you!



**REGISTER AT**  
[tinyurl.com/VolEventAlzALL](https://tinyurl.com/VolEventAlzALL)  
or call 800.272.3900





### **Solano Turkey Trot a Thanksgiving Day Annual Family Tradition for all Ages**

The Solano Turkey Trot is an annual charity race held in Suisun Valley on Thanksgiving Day. The main venue and start/finish line is at Solano Community College. The event features a 5K Run/Walk and a 10K Run, and it's a great way to get some exercise while supporting local communities. The Turkey Trot helps raise funds for Meals on Wheels of Solano County and the Suisun City Salvation Army KROC Center, both of which serve high-risk children, families, and seniors. Participants of all ages can join, and there are even fun activities like costume contests and post-race refreshments.

It's a wonderful way to give back to the community and enjoy a healthy start to the holiday season!

The Solano Turkey Trot is a public benefit charity race in Solano County, California, comprised of 501(c)(3) partner organizations serving high risk children, families and seniors. We believe in a collective impact model with the goal of raising public awareness and education by holding fundraising and community events such as the Solano Turkey Trot. This annual event began on Thanksgiving Day 2009, with the vision of bringing a family-friendly 10K Run/5KRun/Walk to the local area. This event helps raise much needed funds to support the Solano Hearts United partner organizations in serving local families in need.

The two partner nonprofits include Meals on Wheels of Solano County and Suisun City Salvation Army KROC Center. Race information can be found [Here](#)

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LORI D. WILSON

Assemblywoman, District 11



# JOIN OUR VOLUNTEER TEAM

Sign up here: [tinyurl.com/ogg2024volunteer](https://tinyurl.com/ogg2024volunteer)



Packing Day - November 20  
5:00 -7:00 PM

Distribution Day - November 23  
12:00 PM - 2:00 PM

FOR MORE INFORMATION CALL: (707) 438-7359



[asmdc.org/wilson](https://asmdc.org/wilson)



(707) 438-7359



AsmLoriDWilson





LORI D. WILSON

Assemblywoman, District 11



# ÚNASE A NUESTRO EQUIPO DE VOLUNTARIOS

Regístrate aquí: [tinyurl.com/ogg2024volunteer](https://tinyurl.com/ogg2024volunteer)



Día de empaca  
20 de noviembre | 5:00 -7:00 PM

Día de distribución  
23 de noviembre 12:00 - 2:00 PM

PARA MÁS INFORMACIÓN LLAME: (707) 438-7359



[asmdc.org/wilson](https://asmdc.org/wilson)



(707) 438-7359



AsmLoriDWilson

For a Healthier You



## **Butternut Squash Soup**

*Submitted by Fern Yaffa*

### **Ingredients**

- 1** large butternut squash, peeled and cubed into 1" pieces (seeds removed) May use packaged cut butternut squash 16 ounces
- 2** potatoes, peeled and chopped into 1" pieces
- 3 Tbsp.** extra-virgin olive oil
- 1 tsp** Kosher salt
- Freshly ground black pepper
- 1 Tbsp.** butter
- 1** onion, chopped
- 1** stalk celery, thinly sliced
- 1** large carrot, chopped
- 1 Tbsp.** fresh thyme, plus more for garnish
- 1 qt.** low-sodium chicken broth or vegetable broth
- Cream, for serving (optional)

### **Directions**

#### **Step 1**

Preheat oven to 400°. On a large baking sheet, toss butternut squash and potatoes with 2 tablespoons olive oil and season generously with salt and pepper. Roast until tender, 30-35 minutes.

#### **Step 2**

Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with salt, pepper, and thyme.

#### **Step 3**

Add roasted squash and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender.)

#### **Step 4**

Serve garnished with thyme.

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## Diabetes Awareness Month: Learn Tips for a Healthier You!

Diabetes affects millions—learn prevention and management tips. [Learn more.](#)



## GET HELP WITH YOUR GROCERY BUDGET

CalFresh is a nutrition program that can help seniors get food every month.

YOU MAY BE ELIGIBLE FOR CALFRESH!



### Common myths about CalFresh for seniors

"Other people need CalFresh more than I do."

CalFresh is available for everyone eligible, including seniors. In fact, special rules help make it easier for seniors to get CalFresh.

"It's too hard to apply for CalFresh"

Our friendly Food Bank outreach coordinators will help you find out if you may be eligible and start the application process with you.

"I own my own house so I won't qualify"

You can have savings, a house and cars and still get CalFresh.

**Jeanette Orta, 925-914-7782**

CalFresh Outreach Coordinator **Hablo Español**

1-925-603-3316  
[foodbankccs.org/calfresh](http://foodbankccs.org/calfresh)





## OBTENGA AYUDA CON SU PRESUPUESTO DE COMIDA

CalFresh es un programa de nutrición que puede ayudar a las personas mayores a obtener alimentos cada mes.

**USTED PUEDE SER ELEGIBLE PARA CALFRESH!**



### Mitos comunes sobre CalFresh para adultos mayores

**"Otras personas necesitan CalFresh más que yo."**

CalFresh es para cada hogar elegible, incluyendo personas de la tercera edad. Usted no está tomando los beneficios de otra persona si es elegible. Hay reglas especiales que hacen el proceso más fácil para personas de la tercera edad.

**"Es demasiado difícil de aplicar para CalFresh."**

El personal amistoso del Banco de Comida le ayudará a saber si usted puede ser elegible y le ayudará a meter una solicitud. Podemos ayudar en persona, por teléfono, o por correo.

**"Soy dueño de mi casa, así que no creo que voy a calificar."**

Usted puede tener ahorros, una casa y autos y aun así calificar para CalFresh.

**Jeanette Orta, 925-914-7782**

*CalFresh Outreach Coordinator Hablo Español*

**1-925-603-3316**  
[foodbankccs.org/es/calfresh](http://foodbankccs.org/es/calfresh)





**"It sucks, doesn't it?  
I was super mom.  
Here's how I turn  
negative into  
positive..."**

**"I'm 63 Years Old And So Lonely"  
— Older People Are Sharing The  
Realities Of Being A "Senior" In  
Today's Society, And It's  
Something Everyone Should Read**

"My kids and grandkids stay in touch and try to keep me from being lonely. But in reality, when they go home, I am still alone in an empty house that is filled with memories and love."

[Read what others have shared.](#)



# NAMI Connection Spanish Support Group



## What is NAMI Conexión Recovery Support Group?

The NAMI Conexión Recovery Support Group Program is a **free** and **confidential** recovery support group that provides respect, understanding, encouragement, and hope. The program is designed to connect, encourage, and support participants using a structured support group model. NAMI Conexión groups are led by trained facilitators living in recovery themselves.

They are held twice a month, for 90 minutes.

**This support group is held entirely in Spanish!**

BIENVENIDO



Scan the QR code to view our  
calendar

Every Second Friday  
5:30-7:00 PM

Every Fourth Wednesday  
5:30-7:00 PM

Platform: Zoom  
Meeting ID: 707 123 7777  
Password: 123456

If you have any questions, please contact:

Ashley Pacheco | [ashleyp@namisolanocounty.org](mailto:ashleyp@namisolanocounty.org) | 707-330-9441



Solano County





# NAMI Conexión Grupo de Apoyo en español



## ¿Qué es el Grupo de Apoyo y Recuperación NAMI Conexión?

El Programa de Grupo de Apoyo y Recuperación NAMI Conexión es un grupo de apoyo **gratuito** y **confidencial** que brinda respeto, comprensión, aliento y esperanza durante la recuperación. El programa está diseñado para conectar, alentar y respaldar a los participantes mediante un modelo estructurado de grupo de apoyo. Los grupos de NAMI Conexión son liderados por facilitadores entrenados que también están en recuperación en sus propias vidas.

Se llevan a cabo dos veces al mes, durante 90 minutos.

**¡Este grupo de apoyo es completamente en español!**

BIENVENIDO



Escanea el código QR para ver nuestro calendario

cada segundo viernes  
5:30-7:00 PM

cada cuarto miércoles  
5:30-7:00 PM

Plataforma: Zoom  
ID de reunión: 707 123 7777  
Contraseña: 123456

Si tienes alguna pregunta, por favor contacta a:

Ashley Pacheco | ashleyp@namisolano.org | 707-330-9441



**NAMI Solano County**





# DO YOU HAVE **Concerns** **about falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

Seniors, age 60 and over, who are:

- concerned about falls
- interested in improving balance, flexibility and strength
- who have fallen in the past
- who have limited activities due to a fear of falling

**Where:** The McBride Senior Center  
91 Town Square Place, Vacaville, CA 95688

**When:** Wednesdays and Thursdays  
January 8<sup>th</sup> – January 30<sup>th</sup>, 2024

**Time:** 1:30 p.m. – 3:30 p.m.

**Advance registration is required.**  
Contact the McBride Senior Center  
(707) 469-6660

Through the support of our sponsor, there is no cost for this class. However, donations are always appreciated.

**For more information, contact Wil Ford  
Falls Prevention Trainer**

(707) 372-7011

[fptrainer@faithinactionsolano.org](mailto:fptrainer@faithinactionsolano.org)



#### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

## **Napa/Solano Area Agency on Aging**

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[www.aaans.org](http://www.aaans.org)

**(707) 784-8960**

**275 Beck Ave., Fairfield, CA 94533**