

Long Term Care News and Views

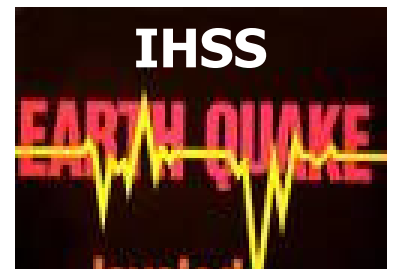
Sharing Information about Home and Community-Based Long Term Care Services

Planning for Elders in the Central City* Volume 14, Issue 10* November 2009

RALLY TO SAVE THE IHSS PROGRAM

BEWARE – The Governor has unleashed an economic earthquake that is set to destroy the well-being of more than 8,000 seniors, persons with disabilities as well as 1000's of care providers in San Francisco alone. The Governor's budget has not only cut income and health care services, but it set to destroy the very foundation of Community Living, the In-Home Supportive Services Program.

In-Home Supportive Services help seniors and persons with disabilities remain living safely and with dignity in their own homes and communities. It also provides meaningful work and jobs with benefits to thousands of IHSS workers, helping them support themselves and their families. Cutting IHSS amounts to a man made disaster that will destroy the very foundations of community living. This is an earthquake we can prevent!



Thursday, October 22

Noon to 1:00 SF City Hall Steps (Polk Street side)

Be Prepared to Help Yourself and Your Neighbors who are IHSS Recipients and IHSS Workers.

See page 3 for what we ask of the City.

Sponsored by the San Francisco IHSS-Health Task Force
And its member groups including consumers, senior and disability service providers, housing providers, labor organizations, advocacy and legal organizations.

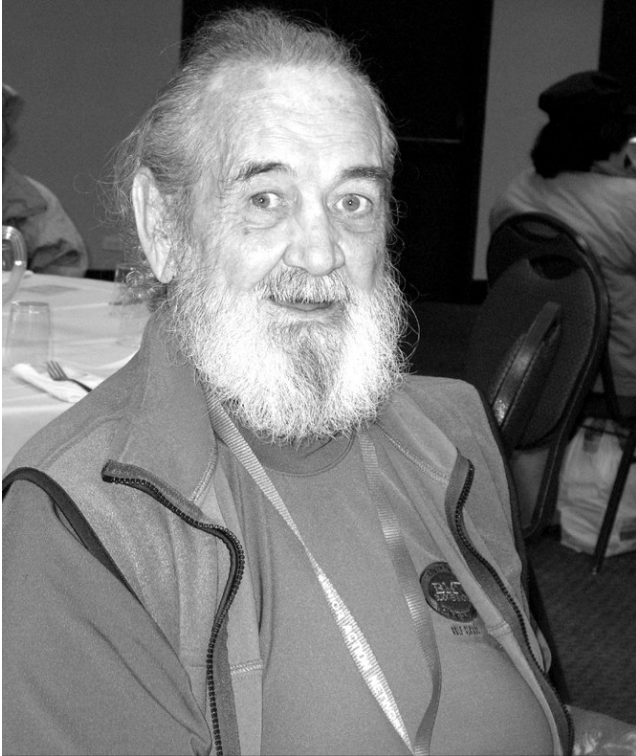
**Next IHSS- Health Task Force
10:30 – 12:00 Noon
November 5th
1453 Mission #520 (@ IHSS Consortium)**

**Did you know you can contribute
to Planning for Elders on-line?
Visit our website:
www.planningforelders.org**

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Passings: John Melone



“I may be too old to remember my rights but I’m never too old to fight for them! “
John Melone 1935 - 2009

It is with deep sadness and regret that we acknowledge the death of a dear colleague and long time activist John Melone. He had just turned 74 on August 11 before he passed away from complications due to cancer.

John was an active member of the California Alliance of Retired Americans (CARA), Senior Action Network, Grey Panthers, Canon Kip, the Health-Care Action Team and numerous other community organizations. He was a regular advocate at City Hall, always fighting for the rights of Seniors and People with Disabilities. John was an army veteran and a medical social worker by training. He worked at numerous hospitals, including UCSF and clinics in San Francisco for many years. As a member of the CARA legislative committee, he tracked all the bills in Sacramento for them and was responsible for keeping the organization updated on the progress of legislation.

Back in the 1980s he and a friend helped start the first needle exchange program on 6th Street. He was arrested for doing this numerous times but saw the need to reduce HIV transmission as greater than his personal freedom. He was always more interested in helping others than himself.

Formerly homeless he saw the issues facing people who were living in the shelters. He personally witnessed abuse, neglect and mistreatment of seniors and other shelter residents. This outraged him and he often spoke out and organized against this to the powers that be. John was a founding member of the Shelter Monitoring Committee during its first year (2005) and performed inspections of homeless shelters in San Francisco. He has testified at City Hall perhaps more than anyone.

He had more tattoos than just about anyone and was covered before it became fashionable. John had an uncanny ability to make just about anyone laugh. He was a unique and eccentric person who made a big impact on everyone who knew him. John will be missed.

There will be a memorial for John on November 12, at 12:30 at the Unitarian Universalist Church, 1187 Franklin street in San Francisco.

People can contact CARA at (510) 663-4086 for more information.

Saving Healthcare programs

WHAT IS NEEDED NOW TO SAVE IHSS:

We are asking the Mayor and the Board of Supervisors on October 22nd to put the IHSS program on stable ground by:

Committing a significant portion of the “budget reserve” under discussion at the Board of Supervisors to back-fill cuts with a local program.

Use federal “Jobs Now” stimulus dollars and other funds to keep IHSS workers on the job with continuing health benefits.

Continue and expand “share-of-cost” options under Medi-Cal to help low-income seniors and people keep their health and long term care services.

Find a new and more stable source of revenue to preserve and expand home and community-based long term care services.

Ask the Mayor to convene City leaders and Department heads to be ready to respond to increased 911 calls, emergency room visits, increase behavioral health issues and depression, isolation, malnutrition, eviction and the other impacts if this “economic earthquake” happens and we are not prepared.

FEDERAL APPEALS COURT WILL HEAR MEDI-CAL OPTIONAL BENEFITS LAWSUIT OCT 22 IN San Francisco

by Marty Omoto-California Disability Community Action Network

The US 9th Circuit Court of Appeals has granted an emergency motion by senior and disability advocacy groups and individuals to hear a case —*Gray Panthers of San Francisco, et al. v. Arnold Schwarzenegger, et al.*—that seeks to stop and reverse the budget cuts that eliminated nine Medi-Cal optional benefits. The decision of the 9th Circuit Court could have a sweeping impact on other budget cuts that use Medicaid funding. that seeks to stop – and restore the 9 Medi-Cal optional benefits for adults that were eliminated as of July 1, 2009.

Those 9 optional benefits, including adult dental, podiatry and incontinence creams and washes were eliminated as part of the budget revisions passed by the Legislature, controlled by Democrats and approved by Governor Arnold Schwarzenegger, in February. Those services are called “optional” because the federal government does not require the states to provide them under their Medicaid program. The state still funds 26 other Medi-Cal optional benefits.

**Seniors Organizing Seniors is on the radio!
The next Senior Voice Radio Show will be
Thursday October 22nd at 1 P.M. on KPOO 89.5**

Consumer Rights for Community Living

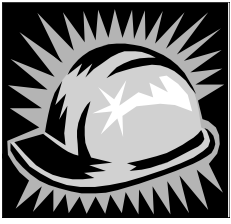
Consumer Rights for Community Living (CRCL) has been busy this month! Our Peer Advocates group has completed our first round of training, and we're getting ready to start answering consumers' calls on the helpline. Some Peer Advocates will be focused on doing outreach and community education on consumers' rights, focusing right now on making sure consumers know they have a right to appeal IHSS cuts.

We've done more than a dozen presentations in the community to alert IHSS consumers about the need to appeal as soon as they get a notice, because if they ask for a hearing before the cuts go into effect, they can still get benefits while a decision is pending. We're working with the HAT team on the play "IHSS- I Hope Someone Survives"- a great way to get the word out!

CRCL is working on media as well, sending out PSAs to radio stations to alert people about their right to appeal the cuts, and getting consumers connected to TV and print journalists so people in the community at large will know what's going on and speak up about it.

We've also trained over 100 consumers, case managers and community volunteers to help people through the appeal process. The training, done in collaboration with Bay Area Legal Aid and Disability Rights California, enables volunteers to help recipients file an appeal, gather the information they need for a hearing, and assist them in presenting their case in the hearing itself. If you know anyone who want to receive training, we have one more training coming up on MONDAY OCTOBER 26, from 5-7:30 PM at the Bar Association of San Francisco, 301 Battery St., 3rd floor. To register, email donna@planningforelders.org or call 415—703-0286.

**If you want to volunteer with CRCL's
Peer Advocates group, call us!
We can always use more help! 415-703-0286.**



PLANNING FOR ELDERS ACTIVITIES:
HealthCare Action Team:
October Update



The HealthCare Action Team went to the Lighthouse for the Blind and Visually impaired and interviewed people about their hospital discharge experiences. One man, whose wife is blind had to fight the nurses at an unnamed San Francisco Supervised Nursing Facility (SNF) because they could not believe that she was unable to live alone. Both he and his wife assured them that she does not live alone (they live together!), and both of them get along just fine, having been blind since birth. Ultimately a sympathetic doctor told the staff to knock it off and she was discharged to her home, where she did fine. This is just one more example of the increased barriers people with disabilities face when they are receiving medical care. They had to actually make the argument that they are able to live in the community. Fortunately for them (and us), they won that one, but how many people do not? Too many.

Another round of outreach is underway, with presentations being made at a few San Francisco State Social Work Classes. HAT would like to thank professor Lisa Hines for her dedication to community organizing efforts by inviting us to come speak to her graduate and undergraduate classes about the IHSS campaign.

There is much on the radar, especially around the struggle against the IHSS cuts. Stay tuned and in touch with HAT for more information.

HAT Meeting Wednesday November 11th
Bayanihan Community Center
1010 Mission (at 6th) 12:00 - 1:30 P.M.
Please call James for more information
(415) 703-0188 Ext 304

PLANNING FOR ELDERS ACTIVITIES:

senior survival school®

It's not too late to enroll in the:

Bayview Senior Survival School

with Network for Elders and Aging and Disability Resource Center

Come learn about community services and your rights!

**Wednesdays October 21st and 28th, and November 4th and 11th
11:00 AM-2:00 PM at the Bayview YMCA 1601 Lane St. (at Quesada)**

**Please call Sarah at (415) 703-0188 ext 302 for more information and to register.
A light lunch will be provided. Wheelchair accessible.**

Survival Schools at the ARC and in the Richmond

September was an eventful month for the Senior Survival School. We had a fun and educational time at the two day Survival School at the ARC-SF on September 21st and 23rd. About 25 participants came to the class. The first day was all about Safety. We covered the topics of Emergency preparedness, Personal safety, and Pedestrian safety. The topic for the second day was community resources and advocacy. With the use of visuals, role playing, games, and other fun tools, the presenters and participants learned a lot and had some fun to boot! We would like to thank Stacy Trager-Carls at the ARCSF, along with all the great staff there. Thanks are in order for Pi Ra from SAN, who talked about pedestrian safety, and Irina Chatsova from SFSAFE, who talked about personal safety. Both of their presentations were interactive and informative.

In addition to the mini-Survival School, SAN and PECC worked together to coordinate a forum for the Russian-speaking community on healthcare budget cuts-what they will mean and what we can do about them. Speakers came from IHSS, HICAP, and Health Access. There were a lot of questions for Patrick Hoctel from IHSS about changes to the services and the latest budget cuts. In addition, people asked about the different aspects of Medicare, and what kind of advocacy we all can do to keep our vital services in place. As always, it was great working with SAN, and we are hoping to do these kind of collaborations in the future.

News and Events Briefs

DO YOU LIVE ALONE NOW? *and* ARE YOU OVER 75?

**If you answered “yes” to both questions
or if you know someone that would answer “yes”,
please help me.**

As a PhD candidate in medical sociology at the University in California in San Francisco, initially I was drawn towards the study of alternatives to nursing homes like adult day centers. After spending time with clients of these centers, I often realized that the experience of living at home, often alone, was more central to the person in front of me and that very little is known about it. At the same time I have been living alone for 14 years and I am eager to compare experiences. That is why my dissertation is devoted to learning about the experience of living alone for San Franciscans over 75. If you are interested, or if you know anyone interested, please contact me.

My number is 510 830 9309, my email is elena.portacolone@ucsf.edu.

I am looking for people over 75 living alone willing to meet with me once or twice anywhere they like for an hour or so. I can meet with anyone speaking any language. If the person does not speak English or Italian, I will contact them through an interpreter. I really appreciate your help for spreading the news about my project since it is rather hard to reach and to find this social segment. I am also happy to receive suggestions. Thank you so much! Grazie!

For Chinese-only speakers, please contact Jon Wu, tel. 415 309 9497,
email jonbalive@hotmail.com

For Russian-only speakers please contact Zora, tel. 415 504 4402,
email nzuhran@yahoo.com

For Japanese-only speakers please contact Sahaya Aida, tel. 415 504 4402,
email dolphin_in_the_moon_light@hotmail.com

For Spanish-only speakers, please contact Jennifer Coloma, tel. 415-515 4973,
email jennifercoloma@hotmail.com

“The Current State of Health Care for People with Disabilities”

The National Council on Disability undertook a study in 2007 to focus the nation’s attention on the health care disparities experienced by people with disabilities, and to provide information and recommendations that can help to eliminate health care inequities for people with disabilities. This is a reprint of the introductory letter submitted to the President.

“Some key findings include the following:

People with disabilities experience significant health disparities and barriers to health care, as compared with people who do not have disabilities.

People with disabilities frequently lack either health insurance or coverage for necessary services, such as specialty care, long-term services, prescription medications, durable medical equipment, and assistive technologies.

Most federally funded health disparities research does not recognize and include people with disabilities as a disparity population.

The absence of professional training on disability competency issues for health care practitioners is one of the most significant barriers preventing people with disabilities from receiving appropriate and effective health care.

The Americans with Disabilities Act (ADA) has had limited impact on how health care is delivered for people with disabilities. Significant architectural and programmatic accessibility barriers still remain, and health care providers continue to lack awareness about steps they are required to take to ensure that patients with disabilities have access to appropriate, culturally competent care.

The report offers a broad range of recommendations for reforms that will address some of the most significant obstacles to health, health care, disease prevention, and health promotion for people with disabilities. We believe that this report provides a road map for eliminating the pervasive barriers to health care for people with disabilities, which will improve the quality of life, productivity, and well-being of greater numbers of Americans as the population ages.”

The full study can be accessed at <http://www.ncd.gov/whatsnew.htm>

HELP US REDUCE OUR CARBON FOOTPRINT

If you would like to receive Long Term Care News and Views by email (as a pdf file or text only word file) instead of by post, send us an email at: sarah@planningforelders.org.



Community Calendar: November 09

Consumer-Oriented Long Term Care Activities

DATE	ACTIVITY	TIME & PLACE	MORE INFO?
Mon—Fri	Computer Open Lab	Call Ahead, 965 Mission Street Suite 550	(415) 703-0188
Wed. Nov. 4	DAAS Commission	9:30 am, City Hall, room 416	LaShaun. Williams 355-3509
Wed. Nov. 4	SAN Health Program	10:00 am- 12:00 965 Mission Suite 700	James Keys 546-1335
Mon. Nov. 9	Coalition of Agencies Serving the Elderly (CASE)	3-5:00 Call contact for location	Patty Clement 452-3500
Wed Nov. 11	HealthCare Action Team (HAT)	Noon-1:30 pm 1010 Mission (at 6th) Bayanihan Center (NOTE NEW LOCATION!)	James Chionsini 703-0188 ext 304
Thurs. Nov. 12	Long Term Care Coordinating Council	1:00-3:00 pm 1 South Van Ness, 2nd Floor	Bill.Haskell@sfgov.org
Thurs. Nov. 12	Senior Action Network (SAN) General Meeting	10:00-12:00 Unitarian Universalist Church 1187 Franklin @ Geary	SAN 546-1333
Thurs. Nov. 12	California Alliance for Retired Americans (CARA)	1:00 - 2:30 ILWU Office 1188 Franklin Street # 4,	Jody Reid 550-0828
Wed. Nov. 18	SAN Senior Housing Action Committee (SHAC)	1:00 - 3pm 965 Mission St Suite 700	Christina Olague 546-1333
3rd Thurs. Quarterly	PECC Board of Directors Mtg.	5pm—6:30pm 965 Mission St, Suite 700	Alice Dueker 703-0188 ext 306
Thurs. Nov. 19	PECC Newsletter mailing	965 Mission St., Suite 550	Sarah Jarmon 703-0188 ext. 302
Fri. Nov. 20	HSN General Meeting	9:30 - 11:30 am LightHouse for the Blind and Visually Impaired, 214 Van Ness Avenue.	Debbi Lerman 415-668-0444
Fri. Nov. 20	Mayor's Disability Council	1-4 City Hall Room 400	Mayors Office on Disability 415-554-6789

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- Alan Coleman, MD (Vice President)
- Norma Satten
- Pat Hess (Secretary)
- Walter DeVaughn
- Michael Kwok
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If you would like to receive Long Term Care News and Views, CLIP form and return to:
PECC 965 Mission St, Suite 550, San Francisco, CA 94103

Name _____

Organization _____

Address _____

City _____ Zip _____

Phone: _____ Fax: _____ email: _____

I would prefer to get my newsletter by Mail email

Enclosed is a donation (appreciated but not required) \$12 \$25 Other \$_____

Contribute on line at www.planningforelders.org or www.networkforgood.org

Long Term Care News and Views is published by Planning for Elders (PECC). Production by PECC Staff and Volunteers: Alice Dueker Executive Director, Sarah Jarmon, Senior Survival School®; Donna Willmott, Consumer Rights for Community Living, James Chionsini, HealthCare Action Team, PECC Volunteers Constance Smith, Lenny Reiter, Fran Chan, Bruce Allison, Alex Macdonald, Cordell Thompson, Tricia Webb.

We would like to hear from you!

Send information and commentary to sarah@planningforelders.org or fax to (415) 703-0186.

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