



Preserving health and financial dignity through education and advocacy since 1973.

Fall 2007

THE ADVOCATE

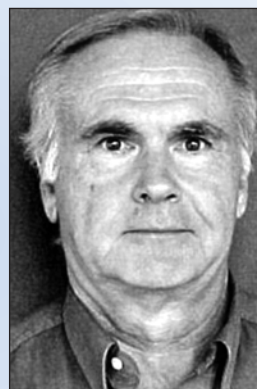
Mediation Can Often Mend

There was a wealthy grandmother living in the San Fernando Valley as matriarch of a dysfunctional family. She was estranged from her daughter and her granddaughter was trying to handle her affairs.

One day the granddaughter, who lived in Long Beach, arranged to take her grandmother out for lunch but never told her she was admitting her into an assisted living facility in Anaheim so it would be easier for her to visit. This is where Larry, the Council on Aging Resident Advocate for this facility, met grandma and she was not a happy person.

Grandmother did not appreciate her new surroundings and called the police and even the district attorney's office. Contact was made with her estranged daughter who came forward to help her mother while Larry, with the support of the Council on Aging, tried to find out what happened to the assets grandmother claimed were missing. Were the jewelry, mementoes, Treasury Bonds, etc. really missing or did the grandmother just forget where they were?

A meeting with a Mediator was arranged with the grandmother, daughter and granddaughter along with Larry, Council on Aging staff, and legal representatives. Apparently this was the first time all three family members were together in fifteen years but the mediation process is off to a good faith effort by all parties.



Larry Lovett, Ombudsman

Another piece of good news is that the estranged daughter is now the responsible party for her mother and Larry continues to provide support as needed. He has assisted the daughter with a financial Power of Attorney so she can look after her mother's finances and grandmother now has

information on an Advanced Health Care Directive which Larry provided.

After long conversations with her daughter, Larry and the management of the assisted living facility, this proud matriarch has mellowed, realizes assisted living is what she needs and intends to move to an assisted living facility that she selects back in the San Fernando Valley.

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Cheryl Meronk
CEO, Council on Aging

*They always say time changes things,
but you actually have to change
them yourself.*

– Andy Warhol, The Philosophy of Andy Warhol

In my family, time does change some things whether I like it or not. It seems school just ended and now the lazy days of summer are already over and we're back to homework and activities.

We are also busy changing things ourselves here in our Council on Aging family. In addition to my new role as CEO, new officers were installed at our July Board of Directors meeting. We are very excited to welcome our new president, Michael Stieger, who brings new energy and a fresh perspective to the leadership role of our board. I want to recognize and thank outgoing president Bill Gresher for his leadership and contributions to fulfilling our mission. Bill remains on the board for another term.

We will indeed need to continue to change things ourselves in order to meet the needs of Orange County's growing aging population. There are

more than 385,000 individuals over the age of 60 in Orange County, and over 838,000 baby boomers. The stories on these pages of our volunteers and the people they assist may sound like unusual situations, but they are a reality we face more and more frequently. The Council on Aging is here to help, whether your situation is difficult or you are simply educating yourself and learning how to avoid a crisis before it happens.

I hope you will join us for a Just Imagine Tour to learn more about the Council, and find out how you can help us continue to change for the better. As always, we appreciate your support and interest in the Council on Aging–Orange County.

Sincerely,

Cheryl Meronk, CEO

Life Changes

Congratulations on Turning 65 and all of the changes it brings! Your choices concerning work and health coverage will require unbiased information to help you navigate the critical decisions surrounding Medicare and how it works for you. We are here to help!

The Council on Aging–Orange County's HICAP program is currently offering Saturday classes designed to help unravel the Medicare maze. The classes are held at the Council offices at 10:00 am – 11:30 am. If you are already on Medicare, you are encouraged to attend for more information. The next dates for the classes are:

Saturday, Sept. 29th Saturday, Oct. 27th Saturday, Nov. 17th Saturday, Jan. 26th

For more information and to reserve your seat, please call: 714-479-0107, Ext. 227.

Mark Your Calendars

Just Imagine Tour

RSVP Now

Each month the Council offers a one-hour program tour of our facilities and including stories about services demonstrating how we impact the lives of our clients. While not everyone who attends these informative sessions will need our services, we know that everyone attending will eventually know someone who does.

The Council is the only agency in Orange County that serves seniors county-wide. We work closely with other regional agencies serving seniors and, if we don't have a program that fits the needs of older adults who face the challenges of aging, we can assist in identifying the resources available throughout Orange County that can help.



Just Imagine Tour schedule:

Wednesday, September 19th at 7:30am

Wednesday, October 17th at 10:30am

Wednesday, November 21st at 10:30am

RSVP Sandy at (714) 479-0107, ext 227

We'll save a seat for you.

**For More Information about our Tours, go to www.coaoc.org
Then go to Calendar and Program Tours**

Our SmileMakers Guild invites you to

Celebrate Seniors this holiday season

The SmileMakers Project of the Council on Aging—Orange County was established in 1997 and fulfills holiday wishes for frail elders and disabled adults by providing special gifts to those who would otherwise be forgotten. Last year, we wrapped and delivered over 2,100 holiday gifts. Each year this project grows significantly and this year promises to be no different.



How You Can Help

Corporations:

- Make a corporate contribution to our gift fund, or
- Sponsor an Angel Tree and encourage Employees to select an Angel with the recipient's requested item, purchase the gift, and return the **unwrapped** gift to your corporate office. SmileMakers Guild members will pick up gifts
- Have Corporate volunteers help assemble boxes
- Donate paper and ribbon
- Have a ***Celebrate Seniors*** gift drive, i.e. Slippers for Seniors, Sweaters for Seniors, Sweat Suits for Seniors, etc.



Individuals:

- make a donation to the gift fund, or
- Involve your service clubs or church in sponsoring an Angel Tree
- Join the SmileMakers Guild to help with this project
- Volunteer to shop, box and wrap gifts
- Donate needed (new) items

The gifts of warm clothing ~ typically sweat suits, sweaters, socks and slippers ~ and other items of personal comfort are secured through companies and corporations, through individual donations, or donated by local stores.

For more information on how to help on this project, please call Penni McRoberts at (714) 479-0107, ext. 223

I Talk With Him Because He Deserves Our Attention.

VOLUNTEERING CAN ENRICH YOUR LIFE

Tish spent 30 years employed by an airline and before retiring she was in customer service management listening to the concerns of angry customers. After retiring early, she tried a number of volunteer opportunities but did not find the work very fulfilling.

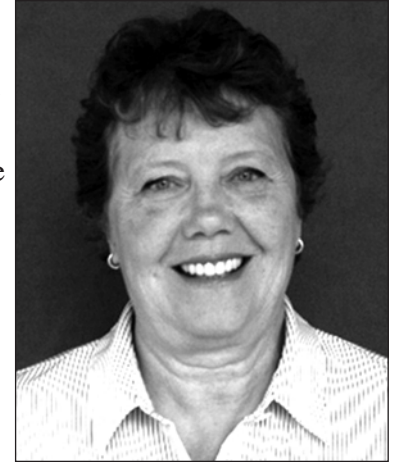
Then Tish had the experience of providing support for her 91 year old mother who lives by herself and is a very demanding strong lady. That was great experience for much of our volunteer work at the Council on Aging.

So, when she received an AARP flier about the Council's need for Advocates to visit Long-term Care Facilities (our Ombudsman Program) she decided to investigate. This program requires 36-hours of training and mentoring support, but Tish says the job is more than she could have ever hoped for. "Now I know I'm making a difference."

She visits a nursing home and an assisted living facility each with about 150 residents. In the

assisted living facility she visits a 67 year old man who is bedridden, has Parkinson's disease and is in fragile health. This Boeing aeronautical engineer retired just two years ago after working on many important aeronautical projects, including the space program. Imagine his shock and despair about the precipitous decline in his health.

Tish says, "I often just sit down and talk with him because he deserves our attention. I know he is happy when I visit and it gives me a great deal of pleasure to know I am making a difference and raising his spirits. In his work he was there for us and now we need to be there for him".



Tish Sumundza, Volunteer Ombudsman

If you would be interested in investing your time in helping others through our volunteer opportunities, please call Sandy Hester, Volunteer Recruitment Specialist at (714) 479-0107, ext. 236.

Correction:

In our Summer 2007 issue the photo caption title for John Moorlach should have been:

JOHN M. W. MOORLACH, Vice Chairman
Orange County Board of Supervisors
Supervisor, Second District

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Vivien Winneke

Thank You Donors.

Our deep appreciation to each of the following individuals, organizations, corporations and foundations that have contributed to the Council on Aging–Orange County since June 2007.

Life Preservers

GIFT OF DIGNITY - \$25,000

Richard and Vicki Craft
Madelyn Dudley
Bill and Sandy Gresher
Mike and Pam McGovern

GIFT OF HOPE - \$5,000

Dick and Mary Allen
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Donors

MENTOR \$40,000 - \$59,000

Orange County's United Way

PARTNER \$10,000 - \$19,999

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ASSOCIATE \$1,000 - \$9,999

Bryant Ranch Pharmacy
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ADVOCATE \$500 - \$999

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Coastal Conservators
In Honor of Patina Madison and
Fred Muscarella
Les Cohen
Richard Daniel
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Philip and Christine Stieger
Mary Tasker
Joe Tien
Mary Vangelos
Margie Wakeham
Bill Wewer

Please accept our apology if we have inadvertently omitted your name.

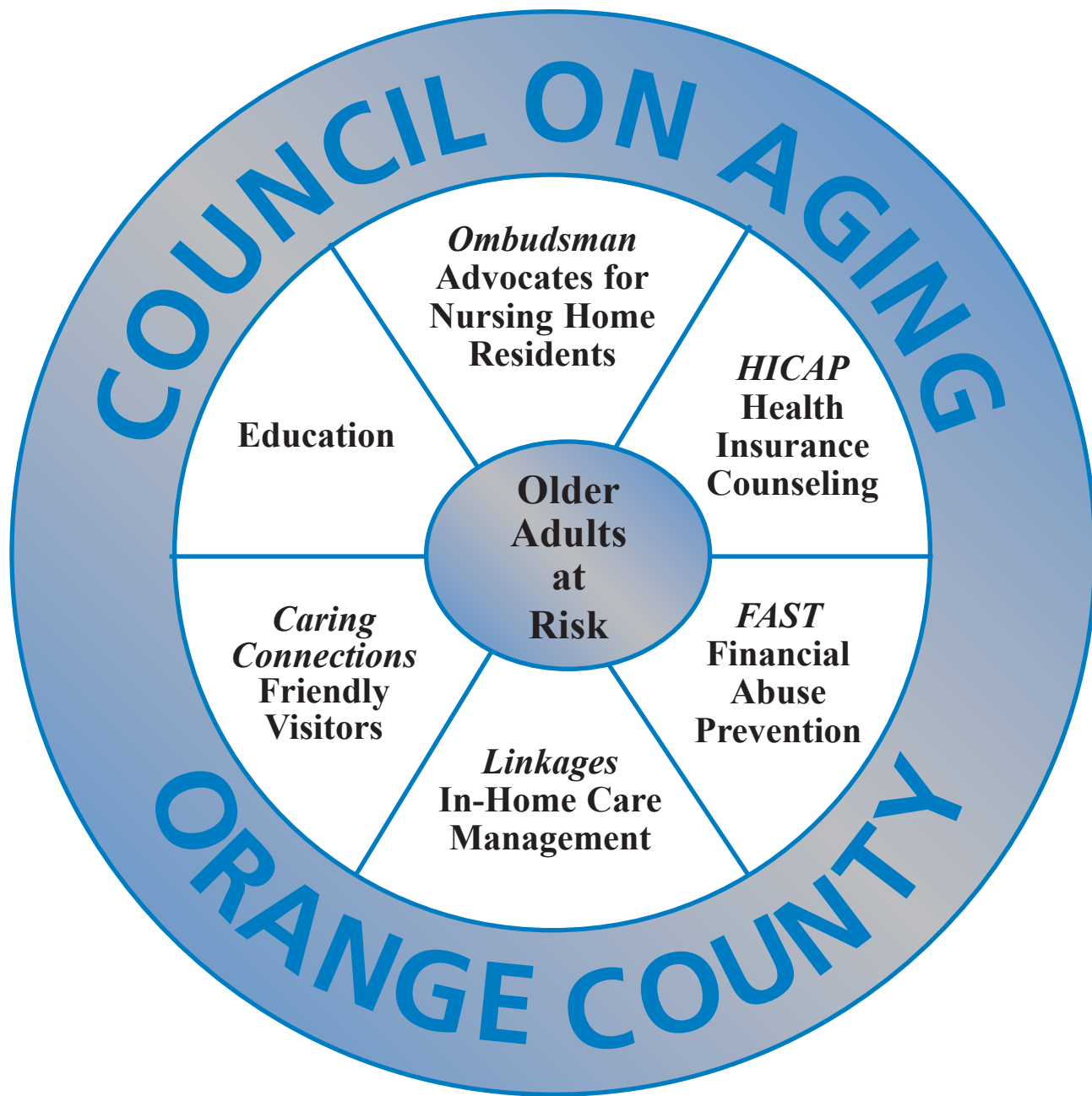
Volunteers Needed

- Volunteers: Friendly Visitors, Health Insurance Counselors, Nursing Home Resident Advocates, SmileMakers Guild Volunteers
- Bi-lingual Volunteers: Spanish, Vietnamese, Korean and Chinese

Other Volunteer Opportunities include:

- Invite us to make presentations to your service club, civic organization, company or faith-base group about our services
- Make follow-up telephone calls to interested potential volunteers
- Make reassurance calls to individuals waiting for a friendly visitor
- Provide office assistance or data entry
- Participate in SmileMakers Guild
- Help with sending Council Care Cards to volunteers to celebrate birthdays or get well wishes
- Assist in our Celebrating Seniors Team by generating holiday gift donations (such as slippers, sweaters, sweats for nursing home residents)

The Council preserves the financial dignity, independence, health and safety of disabled and older adults at risk



Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has.

~ Margaret Mead



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United Direct Marketing, Inc.



For more information visit our website www.coaac.org

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"New York" New Year's Eve Gala

Live Big Band - Black Tie

Dinner, Dancing & Silent Auction

Tustin Ranch Golf Club
December 31, 2007
6-9pm (9-12 New York Time!)

For Tickets & More Information Contact:
Wes Young (949) 230-9032

