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The Senior Leader

A quarterly newsletter from Alameda County's leading nonprofit provider of legal services for seniors, Medicare counseling and senior community education.

Winter 2019



LAS' 14th Annual Conference on Elder Abuse

Tuesday May 21, 2019

Early Bird Discount Registration & Sponsor Packages

Available Now!

Studies note that rates of elder abuse are expected to rise along with the rapidly increasing numbers of people becoming seniors. According to a June 8, 2018 fact sheet on elder abuse published online by the World Health Organization (WHO), our global population of people aged 60+ will increase to about 2 billion in 2050 and a 2017 study notes, 1 in 6 people 60 years and older experienced some form of abuse in community

settings (Yon, Gassoumis, & Wilber, 2017).

To address the serious physical and psychological consequences of the various kinds of abuse, LAS is hosting its 14th Annual Conference on Elder Abuse at UC Hastings College of the Law in San Francisco on Tuesday May 21. Leaders in the field will educate a multidisciplinary audience of attorneys, social workers, private fiduciaries, conservators, public guardians, medical professionals, law enforcement officials, and others, on the latest and most effective tools to address and prevent elder abuse. Up to 5.5 hours continuing education credits are available for California Attorneys, Professional Fiduciaries, Behavioral Scientists (LMFT, LCSW, LPCC, and/or LEP), Psychologists (PhD/PsyD), and Registered Nurses. Sessions have also been approved as outside training for Public Administrators, Guardians, and Conservators through CAPAGPC. A Non-Credit Certificate of Attendance is also available. Early Bird Discount Registration is now open through April 15 and sponsor packages are available.

[TO REGISTER & FOR MORE INFORMATION](#)

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LAS Gratefully Acknowledges This Year's Sponsors

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Special Thanks To

Alameda County Area Agency on Aging for sustained program support.

East Bay Foundation on Aging (EBFA), a Supporting Organization of the East Bay Community

Foundation for their partnership with LAS.
Institute on Aging for scholarship and continuing education credit support.

Legal Assistance for Seniors presents the conference in collaboration with the
UCSF/UC Hastings Consortium on Law, Science & Health Policy - www.uconsortium.org

Above 2018 Conference Photo By David Aoyama

Mental Capacity and Undue Influence - A Neuropsychologist's Take on Mental Capacity Evaluation

On January 22, LAS' Board Director Jonathan Canick, Ph.D was interviewed about Mental Capacity Evaluation by attorney Jeffrey Galvin for the blog Trust on Trial (<https://www.trustontrial.com/>), which covers California trust litigation, and an excerpt of that interview is reprinted with permission below.

Q. Big picture, what is the relationship between aging and mental function? A. Generally speaking, and in contrast to most people's biases and presumptions, significant changes in cognitive and mental functioning are not a normal part of aging. When significant change or alteration occurs, it typically signifies the emergence of some disorder or some other adverse or detrimental effect that hopefully receives attention.

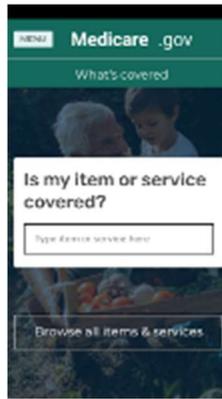
It is not possible to possess wisdom in youth. While sensorimotor changes occur more notably as we age, the brain is equipped with an endless ability to acquire new information. Even though the incidence of dementia increases notably past the seventh decade, the majority of people in their 90s do not suffer from major neurocognitive disorders. Aging is not a neurodegenerative disease. Neurogenesis, the ability to generate new brain cells occurs throughout the lifespan, enables us to learn new information and develop new abilities throughout our life. Some people experience changes in their processing speed that impacts the proficiency with which information is acquired, stored, retrieved, and applied, though this does not involve an outright loss of function.

To read the full interview, click here: <https://www.trustontrial.com/2019/01/a-neuropsychologists-take-on-mental-capacity-evaluation/>



The New eMedicare Free App That Provides Valuable Information to Mobile Users Including What Original Medicare Covers

FROM THE CMS.GOV NEWSROOM, January 28, 2019. Recently, the Centers for Medicare & Medicaid Services (CMS) launched a new app that gives consumers a modernized Medicare experience with direct access on a mobile device to some of the most-used content on [Medicare.gov](https://www.medicare.gov). The new “What’s Covered” app lets people with Original Medicare, caregivers and others quickly see whether Medicare covers a specific medical item or service. Consumers can now use their mobile device to more easily get accurate, consistent Original Medicare coverage information in the doctor’s office, the hospital, or anywhere else they use their mobile device. CMS created the app to meet the needs of the growing population of people with Medicare. The Medicare population is projected to increase almost 50 percent by 2030—from 54 million beneficiaries in 2015 to more than 80 million beneficiaries in 2030. As of 2016, about two-thirds of Medicare beneficiaries indicate they use the Internet daily or almost daily (65 percent). Questions about what Medicare covers are some of the most frequent inquiries that CMS receives. The What’s Covered app is available for free in both Google Play and the Apple App Store. The app is available in Google Play at: <https://play.google.com/store/apps/details...>, and is available in the Apple App Store at: <https://itunes.apple.com/us/app/whats-covered/id1444143600...>



Alameda County Bar Association Community Service Award

LAS was honored with the Distinguished Service Award for a Community Organization on January 24 at a dinner and awards ceremony hosted by the Alameda County Bar Association (ACBA).





Go Ask HICAP: A Medicare Minute with Janet Van Deusen

Q: I keep hearing about the new Medicare Advantage Open Enrollment Period. What does it mean and how does it apply to me?

A: The Medicare Advantage Open Enrollment Period (MA OEP) is new this year and runs from January 1 through March 31, 2019 and every year hereafter. It allows people who start the year in a Medicare Advantage (MA) plan to make an additional change to their Medicare coverage if they so choose. So, during this time frame you could: (1) return to Original Medicare and get a stand-alone prescription drug plan (2) return to Original Medicare and not get a prescription drug plan (3) change from one MA plan with prescription drug coverage to another with or without drug coverage. Any change you make takes effect the first of the following month.

To view our MA and PDP comparison charts, visit our website at www.lashicap.org/HICAP. Or to make an appointment to discuss details with a HICAP Counselor, give us a call at 1-800-434-0222.

For more information about Medicare enrollment rules, coverage, and supplemental options, you may also wish to visit the California Health Advocates website: <https://cahealthadvocates.org>.



A February Valentine's Note to Our Supporters - We Hold You Dear to Our Hearts!

This Valentine's month, we want to take a moment to tell each and every LAS donor and volunteer how much you mean to us. Every donation to LAS, no matter how large or small, is appreciated and helps make a meaningful difference in the life of a senior. Your donations give us leverage to receive government and foundation funds at larger levels and, because the funds are less restrictive, allow us the flexibility to fill gaps in funding where it's needed the most. This means that not only are we able to continue providing the services that make LAS so unique, like home visits and community-based services, but that we are able to expand to serve even more people as the need within our senior community continues to grow.

And to our special volunteers, including HICAP Counselors, board members, legal and other program volunteers, who selflessly share their time, energy, and talents with LAS and the clients we serve, we sincerely thank you. Our agency, and the larger community that we serve, are enriched because of your generosity.

Once again, to every LAS donor and volunteer – we appreciate everything you do to support us and the seniors of Alameda County. We could not do this important work without you!

***“There is no small act of kindness.
Every compassionate act makes large the world.”***

— Mary Anne Radmacher

Photo by [Steve Halama](#) on [Unsplash](#)

Community Education Calendar

Does navigating Medicare, public benefits, and low-income assistance programs feel like a maze to nowhere? Is trustworthy community education on elder abuse, housing rights, citizenship, guardianship and consumer fraud of interest to you and your family? Your calendar for free education on these topics and more is always one click away when you subscribe to The Senior Leader. Click <https://www.lashicap.org/calendar/> for LAS' community education calendar.

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