



Passport

Senior Information & Assistance / Caregiver Outreach & Support

206-448-3110 or
1-888-435-3377
TTY 206-448-5025
FAX 206-448-5748

Mayor's Office for Senior Citizens

206-684-0500

Senior Outreach

206-726-4926 or
206-722-0317

Homesharing

206-448-5725

Minor Home Repair

206-448-5751

Senior Rights Assistance

206-448-5720

Volunteer Transportation

206-448-5740 or
1-800-282-5815

Senior Shuttles

206-727-6262



Senior Services

Promoting the well-being of older adults

2208 Second Avenue
Seattle, WA 98121

Fall Prevention Day September 18

Falls are fatal more often for older adults in Washington than in most states, according to a recent report from Governor Christine Gregoire's cabinet. In fact, in the state of Washington, there are four times as many hospitalizations due to falls among senior citizens than hospitalizations due to motor vehicle accidents for all ages combined. Additionally, 30 percent of residential fire deaths occur in adults over the age of 65.

Considering that Washington has one of the most rapidly aging populations in the country, the impact this has on our state's health care system, Emergency Medical System and the quality of life of our senior citizens is significant.

To help reduce the number of falls and residential fires with older adults, the King County Fire and Life Safety Association, Healthy Aging Partnership (HAP), and Public Health Seattle King County, Emergency Medical Services Division have teamed up to create the Safe Steps program. Safe Steps is a county-wide effort to increase awareness about the risk factors of

falls and fires, and educate the community on effective ways to prevent them.

Governor Gregoire has proclaimed Sept. 18, 2008, as Fall Prevention Day. Therefore, a major focal point of the *Safe Steps: Health, Safety and Independence for Seniors* campaign will be a series of educational community events September 18 to 27 throughout King County. These events will be open to

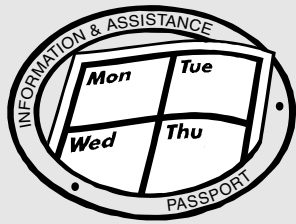
the public and will give community members the chance to learn what measures they can take to prevent falls and fires.

During these ten days, events such as community fairs, fall risk assessments, footwear checks and free fall screenings, will be hosted by numerous community organizations. For a list of the event dates and their locations, see pages 3 and 8.

"By attending one of the many Safe Steps organized events in your area, you can learn how to reduce your risk for falls and fires in your home," says Lisa Garvich of Renton Fire and Emergency Services.



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Fall Prevention Day

Ms. Garvich says older adults can take four steps to significantly reduce their risk of falling:

- ◆ Begin a regular exercise program;
- ◆ Have your vision checked regularly;
- ◆ Have your health care provider review your medications;
- ◆ Take specific measures to make your home safer, such as installing grab bars where necessary and removing small throw rugs.

For fire prevention, make sure smoke alarms are installed and maintained on every floor of your home, pay special attention to your cooking, heat your home safely by keeping furniture away from heaters, and have a plan for what to do and how to escape in the event of a fire.

Many falls and fire-related injuries can be prevented. For more tips on what you can do to protect yourself or those around you, visit www.kcsafesteps.org.



Legislative Forum

Aging Readiness: The Legislative Challenge, a free forum with state legislators and state and federal policy experts for anyone who is interested, will be held Wednesday, September 17, from 9:00 am to 3:00 pm at the Tukwila Community Center, 12424 42nd Avenue South. For more information and to register, visit www.agingkingcounty.org/legislativeforum.htm or call Doug Ricker at 206-684-0292.

Bellevue Fall and Fire Prevention Fairs

Safe Steps: Fall and Fire Prevention Fairs will be held in Bellevue at Factoria Mall, 4033 Factoria Square Mall SE, from 1:00 to 4:00 pm on Tuesday, September 23 and at North Bellevue Community Center, 4063 148th NE, Thursday, September 25, from 1:00 to 4:00 pm.

Featured events will include:

- Fall and balance screening by Overlake Hospital physical therapists
- Visual screening and handouts
- Medication screening - bring your current medications and have them reviewed by an Overlake Hospital pharmacist
- Home safety assessment by Overlake staff and trained volunteers
- Fire and Safety info and blood pressure checks by the Bellevue Fire Department
- Info on local resources for fall prevention from the City of Bellevue and Overlake Hospital
- Display on falls - facts and figures



Safe Steps Community Events

(Call site to confirm)

Resources

Thursday, September 18

Ballard NW Senior Activity Center, 5429 32nd Avenue NW, Seattle, 206-598-5370, 10:00 am to 1:00 pm, fall risk assessments, footwear checks

Haborview Medical Center, 325 9th Avenue, Seattle, 206-598-5370, 12:00 to 3:00 pm, fall risk assessments, footwear checks

Jefferson Community Center, 3801 Beacon Avenue South, Seattle, 206-684-7481, 12:00 to 4:00 pm - Community Fair

Northshore Senior Center - 10212 E. Riverside Drive, Bothell, 206-598-5370, 11:00 am to 1:00 pm, fall risk assessments and footwear checks

UW Medical Center, 1959 NE Pacific, Seattle, 206-598-5370, 11:00 am to 4:00 pm, fall risk assessments and footwear checks

UW Roosevelt Clinic, 4245 Roosevelt Way NE, Seattle, 206-598-5370, 11:00 am to 4:00 pm, fall risk assessments and footwear checks

Wallingford Community Senior Center - The Good Shepherd Center, Ste. 100, 4649 Sunnyside Avenue N., Seattle, 206-461-7825, 9:30 am to 2:00 pm, many Safe Steps events

Friday, September 19

Sno-Valley Senior Center, 4610 Stephens Avenue, Carnation, 425-333-4152, 11:00 am, fall prevention presentation

Tuesday, September 23

City of Auburn Senior Citizen Center, 808 9th Street SE, Auburn, 253-931-3016, 1:30 to 4:00 pm, presentations on medications/fall affects, exercise and fall risk, info booths

Peter Kirk Community Center, 352 Kirkland Avenue, Kirkland, 425-587-3360, 10:00 am to 2:00 pm, fair with assessments, vendor exhibits, speakers, demonstrations

Renton Senior Center, 211 Burnett Avenue N., Renton, 425-430-6633, 9:30 to 11:00 am, pre-register for workshops with exercises to build strength, balance and flexibility, refreshments, raffle

West Seattle and Fauntleroy YMCA - Senior Center of West Seattle, 4217 SW Oregon Street, Seattle, 206-932-4044, 10:00 am to 1:00 pm, home fire safety, balance assessments, exercise, T'ai Chi demo, drug interactions

Wednesday, September 24

Greenwood Senior Center, 525 85th Street, Seattle, 206-297-0875, 10:00 am to 2:00 pm, Resource Fair, medications, fire prevention, home assessments, exercise



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Call Senior Information and Assistance for further information:
206-448-3110 or
1-888-435-3377

“How old would you be if you didn’t know how old you are?”

Leroy “Satchel” Paige
1905? - 1982
Baseball Hall of Fame

Consumer Corner



Pet ownership for seniors has shown to help:

- Lower blood pressure
- Decrease likelihood of depression
- Increase exercise
- Increase socializing
- Maintain a clear sense of purpose

Pet Adoption

Victoria Olonia, Advocate

A pet can provide a great deal of love and support to people of all ages, especially seniors. When deciding to adopt a pet there are many things to consider. Although pets can provide companionship, they require a good deal of care and financial support. If you decide to adopt a pet, especially a cat or dog, it is important to weigh the pros and cons before you make your decision.

The love a pet provides can give you joy for many years, yet it is important to make sure you are able to return that love, both physically and financially. Some questions to consider when deciding to get a pet are: Will I be home enough to care for my pet? Am I willing and able to take my pet out for exercise on a regular basis? Am I financially able to pay for food, toys, veterinary bills, vaccinations and other costs? Does my apartment building allow pets?

Adoption from a shelter is a great way to help out a homeless animal and is also cost effective. Many cities have various programs for seniors to help with spay/neutering costs as well as adoption or licensing costs. You should check with your local shelter or Humane Society to see if there are such programs.

The kind of pet you get should fit your personality and budget. A dog or cat is much more expensive to care for then, say, a fish or ham-

ster. Some veterinarians recommend that seniors consider adopting an adult dog or cat. Unlike a puppy or kitten adult animals are more likely to be calmer and already housetrained. Older pets may be more easily managed by older adults than their younger, more excitable counterparts.

It is estimated that over 500,000 pets are orphaned each year due to the death or disability of their own-

ers. Most of these pets end up in a shelter and are euthanized. When change or tragedy happens, it is often pets that are forgotten. Many older adults have created plans for their pets in the event that



they pass away or become unable to care for them. Some people choose to include their pets in their will. Bequeathing your pet to a trusted friend or family member may ensure your animal does not end up in a shelter or abandoned on the street. Even if you are incapacitated for a brief time, ensuring your pet's continued care will give you, and your animal, peace of mind.

Pets can make great friends and companions - but are a huge responsibility. All animals, just like humans, need care and companionship. Weighing the pros and cons of pet ownership will make for a happy life for you and your animal friend.

Self-Care For Caregivers: There's A Brighter Side

by Keoni Kealoha O. Devereaux, Jr., PhD

When you find yourself responsible for the care of a person with dementia, taking care of yourself may be the last thing on your mind. There is so much to be done, including learning about caregiving and dementia and schooling yourself to pay constant attention.

Caregivers cannot afford *not* to take time for themselves. Even if it seems to run against common sense, taking time for *you* is crucial.

Most self-care lists begin with something like this: consult your doctor regularly and follow his or her advice. This makes sense! All too often, caregivers themselves fall ill and even die. Should you become ill, it means that you will not be able to fulfill your role as caregiver. You may need care yourself, putting further stress on a family whose resources are already taxed.

Another priority is screening for depression. Some studies show that more than half of all caregivers caring for a person with dementia are depressed. Ask to be screened and accept treatment if you are depressed.

So what is the bright side of self-care? Simply put, it means treating yourself as someone who deserves to be loved, cherished and supported in your search for meaning. Some caregivers feel so overwhelmed they have to start small. If



they can just set aside two hours a week for themselves, they are off to a great start. Finding respite to give you the actual time off can be a challenge (see sidebar). Some people have lost touch with the ideas and activities that have always brought them joy.

So go easy. Spend two hours with a close friend who shares similar interests. Go for a walk. Go to lunch. If you share a hobby, go to your favorite shop and daydream about a project.

Finally, a word about guilt - almost every caregiver feels it now and then. Guilt plagues some caregivers; they worry that they are not doing enough or that they are not doing it right. They feel that if their love were more complete, they would never feel cross or too exhausted to help. This kind of guilt can be your worst enemy, eroding your health and peace of mind.

How can you confront it? First, do not compare yourself to others. You have to find your own way of caring. Second, give yourself credit for what you have accomplished. Third, talk about your feelings. Caregiver support groups offer a secure setting for such talk. In these meetings, people help each other set realistic limits based on the long-term reality of caring for a person with dementia.

Caregiver Connection

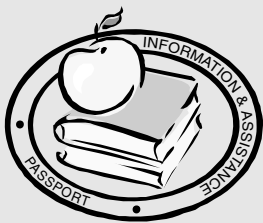


To find out more about local Caregiver and Kinship resources, including respite, contact:

Senior Information
and Assistance
206-448-3110

Classes & Events

Call the numbers listed to register for a class or to request a newsletter with full class schedules.



Senior Information and Assistance publishes the *I&A Passport* monthly. All material is offered as information to readers. We do not warrant, endorse or recommend any provider, program, or product mentioned within.

Story Deadline: The newsletter is distributed the 26th of each month. Submissions are due three weeks prior.

Send notices, photos, press releases, program news to:

I&A Passport
2208 Second Ave., Ste. 100
Seattle, WA 98121-2055
or email:
info@seniorservices.org
or fax:
206-448-5748

Auburn Senior Activity Center 253-931-3016

- ◆ **Computer Lab:** Mondays, 5:00 - 7:00 pm; Tuesdays, 12:30 - 3:00 pm and 5:30 - 8:00 pm; Wednesdays, 12:00 - 3:00 pm and Thursdays, 10:00 am - 12:00 pm

Des Moines Activity Center 206-878-1642

- ◆ **Senior Safety Seminar - Getting Ready for the Big One - Emergency Preparedness:** Wednesday, September 3, 11:00 am
- ◆ **Create Your Personal Bucket List:** Monday, September 8, 5:30 - 7:00 pm
- ◆ **Free Vision Screenings:** Wednesday, September 3, 11:00 am - 12:00 pm. Call for 15 minute eye exam
- ◆ **Dental Van for All Ages:** No residency requirement. Friday, October 3. Pick up application early

Enumclaw Senior Activity Center 360-825-4741

- ◆ **AARP Driver Safety Class:** Tuesday and Wednesday, September 23 and 24, 9:15 am - 2:15 pm
- ◆ **Senior Health and Wellness Expo:** Health screenings, community resource booths and demonstrations. Saturday, September 20, 10:00 am - 1:00 pm



Evergreen Health Care 425-899-3000

- ◆ **Are You Getting Your 5-A-Day?** Learn easy techniques and methods for sneaking in your 5 fruits and vegetables. Thursday, September 18, 12:30 - 1:30 pm, Evergreen Hospital
- ◆ **Moving Through the Pain:** Explore gentle movement, visualization and learn about medications. Tuesday, September 23, 12:45 - 2:00 pm, Northshore Senior Center, 425-487-2441
- ◆ **Cholesterol and Diabetes Screening:** Results before you go home. Pre-register. Tuesday, September 2, 1:00 - 3:00 pm, Brittany Park, 425-402-7100; Wednesday, September 24, 9:00 am - 12:00 pm, Redmond Senior Center, 425-556-2314 and Friday, September 26, 12:45 - 2:45 pm, Peter Kirk Community Center, 425-587-3360
- ◆ **The Low Down on High Blood Pressure:** Friday, September 12, 12:45 pm - 2:00 pm, Peter Kirk Community Center, 425-587-3360
- ◆ **Stretching Yourself:** Learn safe and effective stretches. Tuesday, September 9, 1:00 - 2:00 pm, Woodinville Senior Center, 425-488-4289

Kent Senior Activity Center 253-856-5150

- ◆ **AARP's Driver Safety Program:** Thursday and Friday, September 11 and 12, 9:30 am - 2:30 pm
- ◆ **Bicycling:** Burke Gilman Trail: Gasworks to Kenmore. Tuesday, September 2, 9:00 am - 3:00 pm

**Mill Creek
Senior Center** 425-357-6002

- ◆ **Memory Matters:** Explore principles of memory, memory problems and treatments. Thursday, September 18, 10:00 - 11:00 am
- ◆ **T'ai Chi for Beginners:** Tuesdays, September 16 thru October 7, 1:30 - 2:30 pm

**Northshore Senior
Center** 425-487-2441

- ◆ **Savvy Seniors - Healthy Aging - Everyone Can Do It:** Health tests, housing resources, education travel, information booths and more. Tuesday, September 16, 10:30 am - 3:30 pm
- ◆ **PEARLS - Program Encouraging Active Rewarding Lives for Seniors:** If you feel sad, down or hopeless, this four-session PEARLS may be for you. Call 425-286-1035

**Overlake Hospital Medical
Center** 425-688-5800

- ◆ **A Matter of Balance:** Class is designed to reduce the fear of falling and increase activity levels. Tuesdays and Thursdays, September 9 thru October 2, 10:00 am - 12:00 pm.
- ◆ **Arm Yourself to Fully Understand Diabetes:** Tuesday, September 16, 10:30 am - 12:00 pm, Bellevue Community College, North Campus
- ◆ **A Good Night's Sleep - Is it Possible?:** Monday, September 22, 1:00 - 2:30 pm, North Bellevue Community/Senior Center, 425-452-7681
- ◆ **Female Incontinence, It's Not a Fact of Life:** Wednesday, September 10, 11:30 am - 12:30 pm, Bellevue YMCA, 425-746-9900

**Redmond
Senior Center** 425-556-2314

- ◆ **Wellness Clinic:** Meet with a nurse practitioner and a service coordinator about your health concerns. Tuesday, September 9, 9:00 am - 12:00 pm. Call for appointment.

- ◆ **Legally Having the Last Word - Lifetime and Legacy Planning:** Wednesday, September 24, 9:30 - 11:00 am
- ◆ **The Aging Eye:** Overlake Ophthalmologist will review normal changes of the eye and signs of problems. Wednesday, September 17, 10:30 am - 12:00 pm
- ◆ **Internet - Basics:** Learn about web sites, data searches, email accounts and more. Friday, September 19, 12:00 - 4:00 pm

**Renton Senior
Activity Center** 425-430-6633

- ◆ **Wordprocessing - Microsoft Word - Part 1:** Wednesdays, September 24 thru October 29, 9:30 - 11:30 am
- ◆ **Cedar River Trail Walking Group:** One to four miles. Mondays, Wednesdays and Fridays, 9:00 am

**Shoreline-Lake Forest Park
Senior Center** 206-365-1536

- ◆ **Dental Hygiene Care:** Second and fourth Thursdays. Fee-based service by appointment.
- ◆ **Soft Exercise:** All exercises are done while sitting on a chair working with light weights and bands. Wednesdays and Fridays, 10:45 - 11:30 am and Tuesdays and Thursdays, 10:45 - 11:30 am

**Sno-Valley
Senior Center** 425-333-4152

- ◆ **T'ai Chi:** Tuesdays, 9:00 - 10:00 am

**Vashon-Maury
Senior Activities Center** 206-463-5173

- ◆ **AARP 55 Alive Class:** Thursday and Friday, September 11 - 12, 8:30 am to 12:30 pm
- ◆ **Art Walk:** Friday, September 5, 5:00 - 8:00 pm

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Safe Steps Community Events

Wednesday, September 24

Kent Senior Activity Center, 600 E. Smith Street, Kent, 253-856-5150, information booths, fire safety, healthy snacks

Thursday, September 25

Rainier Vista Senior Apartments, 134 3rd Avenue S.E., Pacific, 253-804-6186, 10:00 am to 12:30 pm, presentations on medications/fall affects, exercise and fall risk, information booths

South East Senior Center, 4655 S. Holly, Seattle, 206-722-0317, 12:00 to 4:00 pm, Community Fair, home safety, fire safety, medications, balance assessments, blood pressure checks, PALS, Lifeline, Minor Home Repair, vision information

Friday, September 26

Valley Medical Center, 400 South 43rd Street, Renton, 425-226-4653, 9:00 am to 12:00 pm, exercise, fall and fire prevention, handouts, healthy snacks, free fall screening

Saturday, September 27

Jefferson Terrace, 800 Jefferson Street, Seattle, 206-224-3793, Community Fair, 11:00 am to 3:00 pm

Paramount Park, 15000 10th Avenue NE, Shoreline, 206-533-6584, 10:00 am to 2:00 pm, information booths, door prizes, bone density screenings, fire safety, fall prevention

ADDRESS SERVICE REQUESTED

Non-Profit Org.
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Senior Services
Senior Information & Assistance
2208 Second Ave, Suite 100, Seattle WA 98121
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