

Spring 2011

Volunteer Recognition Includes a Day at the Movies: Saturday, April 23

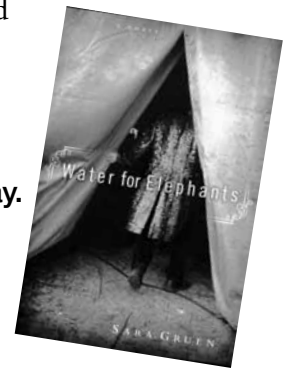
It's time to acknowledge all that you do for our community by volunteering. Join us on Saturday, April 23, 2011 at 10 a.m. for our Annual Volunteer Recognition movie event on the Third Street Promenade – starring YOU!



You will receive a free ticket to the movie *Water for Elephants* (based on the *N.Y. Times* bestseller novel), delicious popcorn and a cold refreshment.

Free raffle prize drawings and giveaways make this a popular outing, so don't miss out on the fun, the goodies – and the prizes!

Call (310) 394-9871, ext. 412 to reserve your ticket right away.



www.wiseandhealthyaging.org

Celebrating the Music, Dance and Comedy of Broadway –

The Fabulous "Palm Springs Follies" on May 4

Join WISE & Healthy Aging for a fun social outing Wednesday, May 4. Board the motorcoach at 8:30 a.m. at the Ken Edwards Center in Santa Monica and relax. Upon arrival in Palm Springs, you will enjoy a buffet lunch (included in the cost) at the Hilton Hotel. Then on to the fabulous Palm Springs Follies theater show at 1:30 p.m. Venerated guest stars and international vaudeville acts join the Follies' world-renowned line of Long-Legged Lovelies and Follies Gentlemen, all ranging in age from 56 to 81, at the historic Plaza Theatre.

Heading home, the coach will make a special stop at Hadley's Fruit Orchard in Cabazon (the date shake is highly recommended). Arrival back in Santa Monica is planned for approximately 7:30 p.m.

Enjoy all this for only \$115 for WISE Connections members and \$135 for non-members. (*Check out the WISE Connections article inside on page 8.*)



For information about a WISE Connections membership or to reserve your seat, please call (310) 829-5699.



A Message From Gayle

As your new Director of RSVP, I can't think of a better time than April to send my first message.

April 10–16 is National Volunteer Week. In the short time I have been at WISE & Healthy Aging, I've been so impressed with all of the service that you, as volunteers, provide to the community. It is because of your dedication and commitment, that WISE & Healthy Aging has been highly successful in expanding its programs and services for the community. I am appreciative of the warm welcome that I have received from many of you. If I have not met you yet, please stop in the next time you visit WISE & Healthy Aging.

I want to share that Phyllis Weintraub has retired from her HICAP counseling position. We thank her for her years of service and wish her well. Steve Miller has started as a HICAP Volunteer Counselor with us. We are thrilled to announce that WISE & Healthy

Aging received a \$130,000 grant from the National Council on Aging (NCOA) to develop a Benefits Enrollment Center. In addition, WISE & Healthy Aging and the Legal Aid Foundation of Los Angeles have established a relationship to provide support and education to the community on legal issues. Additional information on these programs are provided in this newsletter.

Thank you for the difference you make in the lives of others! On behalf of myself and the staff, we would like to take this opportunity to especially thank you for your service. You are an inspiration to all of us!

I look forward to meeting you over the coming months and getting to know you.

Best,

Gayle Gilbert-Hamerling
Director of Volunteer Services/RSVP

Legal Aid Foundation of Los Angeles Offers an Exciting New Program to Help Older Adults with Legal Issues

A new series of Monday morning legal clinics, sponsored by the Santa Monica office of the Legal Aid Foundation (LAFLA), is now offered at WISE & Healthy Aging.



The clinics cover a variety of legal issues affecting older adults. The sessions include a workshop from 9 to 10 a.m. on a specific area of the law, followed by time for individual consultations with an attorney from 10 a.m. to noon.

LAFLA attorneys specialize in eviction defense, social

security, domestic violence and many other critical issues.

For an appointment, please call WISE & Healthy Aging at (310) 394-9871. Walk-ins are welcome.

Upcoming Topics

April 18 Housing, Tenant & Family Law Issues

April 25 Housing & Tenant Issues

May 2 Public Benefits

May 9 Housing, Tenant & Family Law Issues

May 16 Family Law

May 23 Housing & Tenant Issues

May 30 HOLIDAY - No Clinic

Grant Awarded for a New Benefits Enrollment Center

WISE & Healthy Aging was awarded a \$130,000 grant from the National Council on Aging (NCOA) to become a Benefits Enrollment Center, one of only 10 sites awarded in the nation, and the only site in California! The grant began March 1 and provides support over a two-year period.

The goal of the Benefits Enrollment Center is to develop a person-centered, community-based model to identify and enroll as many eligible Los Angeles County seniors as possible into various public benefits programs, to improve their quality of life. The Benefits Enrollment Center is designed to be a true one-stop resource to streamline applying for benefits and navigating the bureaucratic agencies. The client is educated and screened, applications are completed ensuring proper documentation with follow up with government agencies to troubleshoot any issues.

WISE & Healthy Aging will run the Benefits Enrollment Center as a call center with



The Benefits Enrollment Center helps seniors enroll in public benefits programs to help improve the quality of their lives.

scheduled on-site assistance with our partner locations (listed to the right) throughout the County to accommodate both those who cannot or do not want to travel as well as those who wish to interact in person. The program will cover all of the Los Angeles County and target seniors 65 and older. It will initially focus on the following benefits: Medi-Cal, Medicare Low Income Subsidy, Medicare Savings Program, Food Stamps (Cal Fresh) and the Low Income Home Energy Assistance Program.

For more information, or to volunteer as a Benefits Counselor, please call (855) 6-ENROLL - (855) 636-7655.

Many thanks to our collaborating partners:

Los Angeles County Community and Senior Services (and Area Agency on Aging)

City of Los Angeles Department of Aging (and Area Agency on Aging)

County of Los Angeles Department of Public Social Services

Center for Health Care Rights

St. Barnabas Senior Services

Legal Aid Foundation of Los Angeles

Bet Tzedek Legal Services

AARP Tax-Aide Program

WISE "America Reads" Kids Need Help

Most students who fall behind in reading skills never catch up after the age of nine years, research shows. Now with the help of volunteers, children can get the help they need to master reading. *America Reads* helps you share your love of reading and change a child's life forever!

No prior experience is needed. Through the Retired and Senior Volunteer Program (RSVP) at WISE & Healthy Aging, *America Reads* volunteers are trained and placed as tutors in Santa Monica elementary schools and after-school programs.

In weekly meetings, volunteers work one-on-one with children to build their confidence and make learning an adventure. Anyone 55 and older is especially encouraged to apply.

Come volunteer for a few hours a week! Please call (310) 394-9871, ext. 492, or email maquino@wiseandhealthyaging.org



Shakeem improved his grades and enjoys school more after he was tutored by an "America Reads" volunteer.

Volunteer Stanley Bacon Returned to College After Retiring in 1983

“Working with youth, exercises my mind and helps to keep me young”

– Stanley Bacon, age 85

With Volunteer Recognition Week in April, it is very appropriate to recognize Stanley Bacon for his years of dedication and commitment to the Santa Monica College Learning Center.

Stanley has made a difference in the lives of hundreds of students in nearly three decades of volunteering.

Stanley retired from a long career at Pacific Telephone in 1983 and after retiring he felt “like a man without a country.” He had spent his entire life working, and realized that there was a large void in his life. Soon after he was introduced to the coordinator of the Resource Center, Joyce Cheney. Cheney interviewed “Mr. Bacon,” as he became known, and little did she know that in the next 27 years Stanley would provide 1,978 hours of tutoring to Santa Monica College students! Stanley sees himself as a mentor as well as a tutor; students often ask for his advice on issues pertaining to their lives. “Everyone who has the time and the ability should give back to this country,” he extols.



College students get individualized tutoring from volunteers.



Volunteer Steve Miller provides free Medicare counseling.

New HICAP Counselor On Board

Please welcome Steve Miller as the new volunteer Health Insurance Counseling and Advocacy Program (HICAP) counselor. Steve is a retired business owner who has decided to put his financial expertise to use by helping others. He offers free, unbiased information, counseling and assistance on Medicare, Health Maintenance Organizations (HMOs), Medicare Supplemental Insurance and long-term care options.

Steve and his wife reside in Pacific Palisades. We are thrilled to have Steve on board!

To make an appointment, please call (310) 394-9871.

Phyllis Weintraub Honored



Phyllis Weintraub has retired as a volunteer after providing countless hours of community service. Phyllis began her work with WISE & Healthy Aging in 1997. She was involved with the Fraud Fighters Program since its inception and later became the HICAP Coordinator. Phyllis was presented with an award and thanked for her on-going dedication and commitment by Grace Cheng Braun, president and CEO, at a recent WISE & Healthy Aging Community Advisory Council meeting. Phyllis and her husband, Al, reside in Santa Monica.

(L to R) Grace Cheng Braun with commissioners from the Commission for the Senior Community, City of Santa Monica: Barry Seid, Al Weintraub, honoree Phyllis Weintraub, Elizabeth Wilson and Barbara Browning.

More Opportunities Available for Volunteering

NEW! Benefits Enrollment Center

Help low-income seniors learn what public benefits they are eligible including assistance for food, prescription drugs, medical

care, Medicare payments and premiums and home energy costs.

Volunteers screen

seniors for eligibility for benefits, complete applications, review applications and required documentation for completeness and submit to agencies. Volunteers will work in a call center over the telephone or in person at various locations throughout Los Angeles County.

Friendly Visitors

Volunteer as a friendly visitor to lonely, isolated seniors and help improve the quality of life for someone.



Felicia Mahood Senior Center

Help seniors start the morning with a cup of coffee, something to eat and a friendly greeting. Volunteers are needed to serve morning coffee and encourage seniors to mingle at the center. Clerical help is also needed in the mornings.

WISE "America Reads"

Research shows that students who fall behind in reading do not catch up after age 9. Share your



love of reading and change a child's life – forever! No prior experience is needed.

Attend a training April 21 or May 21.

Santa Monica College Learning Center

Volunteers who have expertise in a variety of academic areas are needed during the day to tutor Santa Monica College students in the Learning Center. Help students gain confidence so they can continue to be successful in college!



UCLA 50-Plus Program

Volunteer at the busy Santa Monica-UCLA Medical Center and Orthopaedic Hospital. Two volunteers are needed to reach out to the community with information, referrals, special events, membership benefits, health seminars, fairs and community programs. General office skills required. Monday - Friday, hours are flexible.



American Red Cross

Join a worldwide movement dedicated to providing relief to victims of disaster by volunteering with the American Red Cross. Whether you're in career transition, work full-time, retired, or have a few extra hours, you can make a difference and save lives. Service categories include:

Emergency Services, Health and Safety, Marketing and Communications, Volunteer Services, Disaster Preparedness Education, International Services, Services to Armed Forces, Red Cross Communities and Blood Services.



If you are interested in these, or other opportunities, please contact Volunteer Services/RSVP at WISE & Healthy Aging, (310) 394-9871, ext. 450

Fraud Fighters Completed 372,695 Phone Calls!

A dedicated team of fraud-fighting volunteers at WISE & Healthy Aging completed 372,695 phone calls across the nation to warn other seniors about the latest scams and rip-offs aimed at getting seniors' hard earned dollars.

In the process, they fulfilled requirements of a grant that funded their call center in 2005, a year ahead of schedule.

“Our Fraud Fighter volunteers educated thousands of people, and in turn that information will be shared with family and friends. They did a great job explaining how personal information is obtained from unsuspecting seniors,” said Grace Cheng Braun, president and CEO of WISE & Healthy Aging.

Americans lose an estimated \$40 billion a year to fraudulent telemarketers, according to Congress. The losses range from as little as a few dollars to as much as their life savings. Seniors are especially vulnerable and are targeted by con artists selling bogus products and services by phone.

Four years ago, with a grant funded by the AARP Foundation, WISE & Healthy Aging launched the WISE Senior Fraud Prevention Call Center – one of only seven telemarketing fraud prevention call centers in the country.



Fraud fighter volunteers gathered to celebrate four years of warning others about financial scams and rip-offs.

For the past four years, volunteers logged over 14,000 hours at phone banks calling people across the United States, warned them about the latest scams and rip-offs and reminded them not to give out social security numbers, credit card or other personal information over the phone.

“Thanks to all of our volunteers, we met goals in making more people aware and thus, less likely to become victims of fraud. What is worrisome now are the countless ways to perpetrate fraud using the Internet,” explained Grace.

“We are looking ahead to being more creative in getting the word out to people.”

Farewell to Long-time Volunteer Pearl Berger



*Pearl Berger
(1915 – 2011)*

Pearl Berger was born on March 6, 1915, in Michigan. She had four sisters and one brother. She was the only one in her family to be born in the United States. As Russian Immigrants, her parents came to the United States and opened a dry goods store. Several years later, they moved to California to get away from the cold weather.

Pearl was a dedicated and committed volunteer in the Health Screening Clinic at the Center for Healthy Aging

for more than 25 years. Her daughter, Bernice Batter who was the executive director for the Center for Healthy Aging until 1995, said that her mother “treated her volunteer work as a job.”

Pearl had two sons, two daughters, 12 grandchildren and 13 great grandchildren. According to Bernice, Pearl had a productive, loving and caring life. Pearl touched many lives in a meaningful way. She passed away at the age of 96.

The WISE & Healthy Aging Advisory Council



The Community Advisory Council at WISE & Healthy Aging brings expertise in areas related to aging and their commitment to seniors. They serve as the eyes and ears out in the community, bringing feedback, community reactions, observations and identify unmet needs. (L to R back row) Barry Seid, district coordinator, AARP Tax Aid Program; Richard Solomon, JD, elder law attorney; Al Weintraub, Santa Monica Commission for the Senior Community; Phyllis Weintraub; Steve Miller, HICAP counselor; Harold Weiss, volunteer; (front row) Barbara Browning, chair, Santa Monica WISE Connections; Lori Golder, chair, Mar Vista WISE Connections; Elizabeth Wilson, LCSW, Santa Monica Commission for the Senior Community; Ishara Bailis, LCSW, UCLA Healthcare 50-Plus; Rose Kaufman, The League of Women Voters, Emeritus College; Karla Barrow, JD, Legal Aid Foundation of Los Angeles; and Jody Spiegel, JD, Bet Tzedek Legal Services.

Welcome to Our New Volunteers!

Barbara Browning
Santa Monica

Nancy Cott
Santa Monica

Phoebe Des Marais
Santa Monica

Ursula Fox
Santa Monica

Paridokht Haghghat
West Los Angeles

John Koenig
Van Nuys

Wena Kronprasert
West Los Angeles

Ellen Lind
Santa Monica

Michael Megowan
West Los Angeles

Steven Miller
Pacific Palisades

Marlene Ranta
Santa Monica

Lois Schroeder
Marina del Rey

Sally Scott
Santa Monica

Helena Segal
Culver City

Beatriz Tucker
West Los Angeles

Marvin Wolf, MD
West Los Angeles

A Friendly Reminder!

Time sheets are due every month.

Please fax your completed time sheet to: (310) 395-0863.

Thank you

Mar Vista and Santa Monica WISE Connections Host Community Informational Events

Mar Vista and Santa Monica WISE Connections, a “village” program with the goal of helping older adults to live in their homes independently, each hosted successful launch parties recently, with nearly 100 older adults and their families coming out for each event.



An impressive panel of professionals participated at the Mar Vista ‘Open House’ and highlighted the benefits of a WISE Connections membership.

The goals of the launch parties were to educate the community about WISE Connections, introduce its network of professionals and garner feedback from community members on the types of services in which they are interested.

Chair of the Governing Council, Lori Gilder and her team of 10 Governing Council members, all Mar Vista residents, were pleased with the turnout and interest from the community. Gilder notes, “Despite the rain, the turnout was great; we had some valuable discussion groups and received a lot of interest from Mar Vista residents.” The Mar Vista launch party was funded in part by the Mar Vista Community Council.



Eric Engel, JD, vice chair and Lori Gilder, LCSW, chair of Mar Vista WISE Connections hosted a community ‘Open House’ in Mar Vista.

The Santa Monica WISE Connections launch party was held in the newly renovated Santa Monica Place Mall community room.

Benefits of a WISE Connections Membership

Your Trusted Source for:

Referrals to Prescreened Vendors

Discounts to Local Businesses

Social and Cultural Events

Transportation Services

Convenience Services

Health and Wellness Opportunities

and more ...



YOUR NEIGHBORHOOD RESOURCE FOR AGING WELL

www.wiseconnections.net



The Santa Monica WISE Connections Governing Council: (L to R) Audrey Parker; Monika White, PhD; Robin Davidson, PhD; Rochelle LeBlanc, MPA; Jean McNeil Wyner; Mary Jo Dalton, RN, vice chair; and Barbara Browning, RN, chair. Not pictured: John Dahl, Cheryl Leoni and Edith Seros.

WISE Connections is a program of the nonprofit WISE & Healthy Aging. To learn more about WISE Connections, please call (310) 829-5699 or visit www.wiseconnections.net

Transportation and Mobility Program

Mobility Classes

(Transportation, Pedestrian Safety & Senior ID)

April 20, 2011 1 p.m. to 3 p.m.
May 18, 2011 1 p.m. to 3 p.m.
June 15, 2011 1 p.m. to 3 p.m.

AARP Driver Safety Classes

May 10, 2011* 9 a.m. to 1:30 p.m.

*Refresher class is only available to those who have completed the 2-session AARP Safety Class within the last three years.

June 7 & 9, 2011 9 a.m. to 1:30 p.m.

This three-year certificate class may qualify you for auto insurance discount from your insurer - call your insurance company.

For more information about the
Transportation and Mobility Program,
please call (310) 394-9871, ext. 454 or 455.

Our Driving Simulator is Back!

Free! Test your driving skills in private. A confidential evaluation is done by appointment only. Find out your reaction and braking time in a fun environment.
Call (310) 394-9871 ext. 455

Door-Through-Door Transportation Service

If you need additional assistance due to mobility issues, service has been expanded to:
Monday - Friday
8:30 a.m. - 4:30 p.m.

For information, please call:
(310) 394-9871 ext. 455

WISE Connections Peace of Mind for \$1 a Day

mar vista · santa monica · marina-venice



Participate in social activities with others who have similar interests. Find healthy activities that you can enjoy with others.



Join the virtual community that helps older adults by providing services and conveniences that make your life simpler and more enjoyable.

From repairs coordination or service referrals – to social and cultural outings – WISE Connections is the perfect solution for older adults who want to stay in their own home, for as long as possible.

**For a limited time –
Purchase a 12-month membership now for a reduced rate.**

Find out more:

**www.wiseconnections.net
(310) 829-5699**



Trusted referrals to prescreened vendors or discounts to local businesses.

Knowledge is Safety!

A free educational presentation on safety in your home

Fire and Fall Prevention

Training on life-saving techniques for fire and fall safety will be provided. The first 10 people to arrive will receive a free Red Cross Safety Kit!
Bring your own lunch.

Presented by:

The Santa Monica Fire Department

Tuesday April 26, 2011

Noon – 1:00 p.m.

**Ken Edwards Center
1527 4th Street, 1st Floor
Santa Monica, CA 90401**

Open to the public. Space is limited.

Reservations are required.

**RSVP and questions to:
(310) 394-9871, ext. 492**

or email:

maquino@wiseandhealthyaging.org

RSVP was established in 1971 and is one of the largest senior volunteer organizations in the nation, engaging 500,000 people



age 55 and older in a diverse range of volunteer activities. Volunteers recruit and coordinate other volunteers, tutor children, renovate homes, teach

English to immigrants, assist victims of natural disasters, provide independent living services and serve in their communities in many other ways.

Calendar Events of Interest

These events are held at the Ken Edwards Center, 1527 4th Street, Santa Monica (unless otherwise specified).

For information, please call (310) 394-9871.

Volunteer Orientation

There are a variety of great opportunities to help in the community. Tell your friends!

Thursday, June 16, 2011

9:30 a.m. – 12:30 p.m.

Call (310) 394-9871 to reserve a space. No drop-ins, please.

Reverse Mortgage Counseling

*Informed minds make better decisions!
A reverse mortgage is a type of home loan that allows you to convert a portion of your home equity into cash. Find out if a reverse mortgage is a good fit for you in a 60-minute counseling via phone or in person.*

Please call to schedule an appointment, (310) 394-9871, ext. 435.





Spring Series

FREE community programs.

✿ Knowledge is Safety: Preventing Fires and Falls

Presented by the Santa Monica Fire Department

Tuesday, April 26, 2011

Noon – 1 p.m.

Please call to RSVP (310) 394-9871, ext. 492.

✿ Reverse Mortgages: What You Need to Know

Find out more about reverse mortgages and how they work.

Thursday, May 5, 2011

6:30 p.m. – 8 p.m.

Please call to RSVP (310) 394-9871, ext. 435.

✿ Conservatorships

Learn about the legalities from an attorney.

Tuesday, May 24, 2011

6:30 p.m. – 8 p.m.

For more information, or to make a reservation, please call (310) 394-9871.

Health Care Reform

Find out how the changes affect you and your health coverage.

Presented in partnership with the Center for Health Care Rights and Culver City Parks and Recreation.

Wednesday, May 11, 2011 6:30 p.m.

Culver City Senior Center,
4095 Overland Ave., Culver City
To make a reservation, please call (310) 394-9871.

Peer Counseling

A safe, supportive environment for sharing and addressing personal issues. Group or individual counseling services for adults age 55 and older. Paraprofessional volunteer counselors receive extensive training and ongoing weekly supervision with a licensed mental health professional. Fees are based either on a sliding scale or ability to pay basis.

- Men's Groups
- Women's Groups
- Transitions Group
- Loss Support Group

For information, please call (310) 394-9871, ext. 373.



Loss Support Group

An ongoing group to share with others the experience of losing a loved one. Through the sharing you may be able to identify and address your own physical and emotional needs and develop new strategies for coping with the hard days. (This is not a drop-in group).

Thursdays 10 a.m. - 11:30 a.m.

For information and registration, please call (310) 394-9871, ext. 373.



Driver Safety Classes

AARP Driver Safety Class

Attend both days and receive a 4-year certificate that can lower your auto insurance premiums.

Tues., June 7 & Thurs., June 9, 2011.

AARP Driver Safety Refresher Class

For those who have taken the 2-day class within the past 4 years.

Tuesday, May 10, 2011

For more information, please call (310) 394-9871, ext. 455.



Caregiver Support

WISE & Healthy Aging Adult Day Service Center, located at 1510 Pico Blvd. in Santa Monica, provides free caregiver support groups for family members.

1st and 3rd Thursday of every month
10:30 a.m. – Noon

2nd and 4th Tuesday of every month
5 p.m. – 6 p.m.

Enrollment requires initial telephone consultation with group facilitator.

Please call (310) 452-7802 for more information or reservations.

WISE & Healthy Aging

WISE & Healthy Aging, a social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. This nonprofit is the result of a November 2007 merger of WISE Senior Services and Center for Healthy Aging. Each organization served the community for more than three decades prior to the merger, earning national reputation for innovative and effective programs and services.

(310) 394-9871

Explore the history, experience the tranquility

Travel to China: Oct. 6 -17, 2011

Call for more information, (310) 394-9871, ext. 442, or go to www.wiseandhealthyaging.org.



Includes:

- Roundtrip Airfare from LAX
- First Class Hotels
- 25 Meals: 10 Breakfasts, 7 Lunches, 8 Dinners
- Professional Tour Director
- Intra-Country Flights
- Motorcoach Transportation
- Admissions per Itinerary
- Baggage Handling
- International Tax and more ...

\$2,899 (per person, based on double)

\$600 single supplement

Payment in full is due by August 3, 2011.

\$248 Cancellation waiver plan.

WISE
& *Healthy Aging*

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