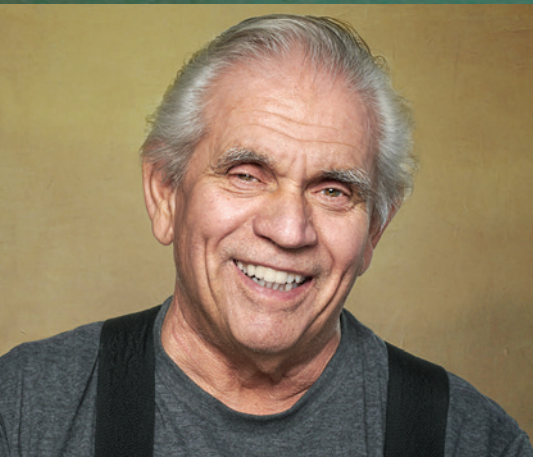




WISER

A MAGAZINE FOR OLDER ADULTS



Who is an Older Adult?

We identify an older adult as ages 60 and over. We identify this time of life as being one of enjoyment and having the freedom to spend quality time with our loved ones and friends. It is a time when we can create a fulfilling schedule suited to our needs and desires.

To learn more about Older Adult programs and eligibility, call: ACCESS 1-800-491-9099

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RESOURCES



OLDER ADULT WISDOM

Can you dig it?

The wise words that are spread throughout this magazine are directly from the older adults who participated wholeheartedly in our focus groups. These wise words are from years of experience, living and learning in a world that is constantly changing. And, as the world continues to change, Older Adults continue to adapt.

- “Take a walk.”
- “Open your mind.”
- “A mind is a terrible thing to waste.”
- “You are what you eat.”
- “Change your perspective.”
- “Don’t forget to give a hug.”
- “Recovery is great.”
- “Renew your mind.”
- “Watch the way you spend.”
- “Don’t be ashamed.”
- “Praise incremental steps.”
- “Have realistic expectations.”
- “Like ‘oldies but goodies’ music.”
- “Can have attitudes: ‘They can be mean and talk mean.’”
- “Tired of nonsense.”
- “Many say, ‘I went through all this... so you didn’t have to.’”
- “I have seen world events that I thought I would never live to see.”





Meaningful connections can boost any mood.

WHAT ABOUT YOU?

WHERE IS THE LOVE?

Self-love shows up as looking out for #1: YOU! Champion yourself by creating a personal schedule. What works best for you? It is your call.



Lighten up and congratulate yourself on every task or goal you were able to accomplish, small or large.
Be your best cheerleader!

Being in nature heals.
Recharges the entire body.
A walk among trees, sitting among lush greenery, or getting dirt under your nails can lift your spirit.
Connect with nature, the benefits are priceless.



WELLNESS AND RESILIENCE

Belonging to a community can be a very good thing. Discover where you can engage in the activities you love and become a part of an on-going group.

PERSONAL GROWTH AND GOALS

As you create your community consider what you value, find meaningful, and is purposeful for your life.

Adapt to the interdependence of life's changes. Allow someone to assist or support you in some manner. Also, be available to help a friend whenever possible.

Approach life with an adventurous attitude. Develop a curious mind and let your inner child explore the avenues of well-being.

ISOLATION VS ALONENESS

Balance is key. Everyone needs "me" time. Yet, secluding ourselves from contact through isolation blocks potential, positive connections. On the other hand, aloneness provides time to refuel and take personal stock. It is making time to listen and check in with "you" around your own needs and self care.



WHAT DO I HAVE IN COMMON WITH OTHER OLDER ADULTS?

Within the focus groups that contributed to this magazine themes emerged that were common place. Older Adults share a lot of similarities. They enjoy doing some of the same things. And, they have a lot of information to share. Do you see any commonalities that resonate with you?

- Value family and friends.
- A lifetime of experiences to share.
- Raised to respect others.
- Have learned to slow down.
- Have empathy for others.
- Treasure being home more.
- Accept children for who they are.
- Realize we are all human.
- Mentally able to adjust to changes.
- Have seen historical events.
- Adjusts to changes.
- Gets home early. Before sundown.
- Have more patience.
- Wiser and more accepting.
- Go over and beyond what's expected.
- Want to feel secure at home.

COMPANIONSHIP & BEYOND



It's wonderful when you can share life experiences with companions.



TOP TEN REASONS TO CONNECT TO SENIOR SERVICES

1. Group activities offer mental health advantages. Joining a support group or exercise group can help us stay motivated to meet our goals.
2. Make new friends! Being accountable to each other is often the key to maintaining good habits.
3. Engaging in social activities can reduce stress levels.
4. Volunteering can have wonderful mental health benefits. One benefit is being less likely to have hypertension while engaging in new areas of interest.
5. Self-care is crucial for caretakers. Caretakers are less likely to experience burnout when they schedule time for self-care.
6. Staying active helps the body stay toned, alert, and it assists in maintaining muscle mass which lowers the risks of illness.
7. You can bring a friend! Spend quality time together while supporting each other around staying mentally healthy!
8. Your family and friends will thank you for taking care of your mental health!
9. (You fill in) _____
10. (You fill in) _____

WHY I GO

Not your Mama's mental health group. It's not like it used to be.
IT'S A BRAND NEW DAY!

I GO to take care of personal business!

- To focus on issues
- For companionship
- To socialize
- For peer groups



I GO to learn new things!

- To get exposure to new and different activities
- For emotional support
- To express myself
- To have fun

I GO to increase my vitality!

- I value recovery
- I need a safe space to relax and recharge
- I love adventures in life-long learning



MOTIVATE YOURSELF!

You can turn it around:

- money limitations
- transportation challenges
- break old habits
- learn to say “No thanks” when necessary



Get back to basics! Rekindle your dreams!



A wellness center that offers services for older adults will be welcoming and want to provide: **“a life of dignity, empowerment and purpose for seniors.”**
—St. Marys. It is a place where you can feel safe and valued. It will have

classes and workshops that interest older adults and offer comfort qualities such as coffee and tea, snacks, and people who are happy to serve this community. Cultural offerings and holiday celebrations will be observed and it will be well staffed and open to all regardless of ethnicity, economic status, sexual orientation, or housing situation.

HOW PEER SUPPORT GROUPS HELP

- Exposure to new things and people
- Taking on a new hobby with like-minded people who share your experiences
- Emotional support from others
- Everyone is welcome

WHAT IS SUPPORT?

E G B W Q P R Z B T
 L L N T F I L P U X
 E I Y I D L P E T S
 R A S C R Q V S I H
 A S A T Q A J H K E
 C S U H E I C A L L
 F I F E L N A R O T
 L S P L A R I I O E
 E T L P M C C N T R
 S N I W A E M G G U

Assist Sharing Listening Uplift
 Shelter Help Caring Selfcare Toolkit

UP CLOSE & PERSONAL



Lillian

She loves the sound of drummers playing in the community, and loves connecting and learning as a lifestyle. Lillian says, “Joining the Black Women’s Media Project introduced me to like-minded black

sisters.” This wonderful path revealed that she was more than someone’s daughter, wife, and mother: “I began nurturing myself.”

Lillian has a strong commitment to forgiveness as a form of mental health care. “If I can forgive it’s better for me. I don’t want to perpetuate the hurt put on me or hold on to it,” she says.

Her philosophy is to love the unlovable: “Many of us are broken from unhealthy experiences. Growing broken, developing porcupine quills. Allow time to heal. Let things go that don’t serve you.”

DAILY ROUTINE

Lillian speaks a word of “thanks” upon waking. Then, looking upon her altar she receives an uplifting message from the beautiful plants there and the inspiring picture of a butterfly displaying the word - TRANSFORMED. Puts on music and dances around.

TIPS

Get and stay inspired. Take time to write. Send one-liners to encourage people, or text a loved one just using symbols like “XOXO”.



James & Boo Boo

James has come a long way. When he hit bottom what saved him was reflecting on his strong parental guidance and concluding, “You are better than this.” His housing went from living with a cousin, to living at

his church, to living in his van. Then, he discovered St. Mary’s Senior Center.

Taking James and Boo Boo into their shelter changed their lives. He joined peer group meetings, took classes, and found SparkPoint* where he received needed free eye glasses and other services.

Being a good friend, James loves helping out. Currently, he shops for a buddy who is recuperating from a medical procedure. He regularly shares his meals with friends and his famous pot of greens is always a hit. With custodial duties at his church James stays busy with his constant companion and rescue dog of ten years at his side. James says Boo Boo can check him with just a look and everyone loves Boo Boo as much as they love James.

TIPS

James’ father told him he was rich with family, and he agrees. So, be grateful for what you have. And... always pay your rent on time or early.

uwba.org/SparkPoint*



*See pg. 25 for more info



SELF CARE

t r a v e l b o c e
 z h t f m a i s t z
 i e m e t n t f o i
 v s d h v e a i d l
 g s i a p i s a m a
 v n p l t c e e a i
 g h s h g r r f c c
 c v h v n d i e t o
 g a r d e n i n g s
 p e e l s m o o b m

meds read bathing sleep faith
 socialize travel diet gardening

CREATE YOUR COMMUNITY

Start where you are.

Questions to ask yourself:

- What do I enjoy doing most? Which hobbies bring me joy?
- What do I enjoy doing with others? Which friends enjoy the same things I enjoy? (Call friends and recruit activity buddies.)
- Which Wellness Centers offer the classes, workshops, or programs that interest me? (Call or visit Wellness Centers online and request a brochure or class/workshop schedule.)
- What is the best time of day for me to be out and about?
- How will I get there?



SOCIAL MEDIA

What is it? Is it for me?

- Email - Create a free, online email account to send and receive email.
- Instagram - Create an account to share pictures and news instantly from your phone.
- Facebook - Create an online account for social media and social networking.
- YouTube - A platform for viewing videos. Choose DIY, educational, entertainment, and music videos on this video-sharing platform.
- Google - Search the world wide web/internet for information on any subject.

Keeping up in the computer age.

TEXTING

When you don't want to talk, but want to stay in touch.



VIDEO CHAT

Keep up with family and friends who have moved away.



COMPUTER LITERACY

Learn computers, search the internet, send and receive emails, watch videos.

HOLISTIC & INNOVATIVE SERVICES

Self-care can include holistic treatments. If you have not tried a massage or yoga it is worth the time and effort to check them out. There are many ways to approach and maintain supportive mental health practices. Here is a list of activities to help relax the 'body, mind, and spirit' to choose from. Explore the possibilities and find the perfect bodywork practice that fits your personal lifestyle, schedule, and pace.

- Meditation
- Massage
- Tai Chi
- Acupuncture
- Yoga
- Water Aerobics
- Mindful Walking
- Reflexology
- Reiki



HEALING WHAT HURTS

Self-care plays a major role in healing. When we are in pain our judgment can get cloudy and we can easily lose sight of self-care practices. When we address pain with healthy and productive activities we become our own advocates. Medication is only one way to manage pain.

In the case of trauma we too often hold pain inside. Of course, that does not mean we are not affected. We are. It just comes out in other ways. Ways including irritability, being closed and guarded, or extreme sensitivity. Many times we suffer alone because of barriers we put up. Sometimes, our secrets keep us from fully embracing and following the path to healing.

Staying active and connected to community helps us stay mentally healthy. Adding activities to our daily routines not only helps keep our spirits up, but group activities have the added benefit of helping us realize we all have many shared experiences. We are not alone.

Care providers no longer ask ‘what’s wrong with you’? They now listen as you share what has happened to you. Participating in activities we enjoy can help us redirect our minds to more pleasant thoughts which can reduce anxiety.

POCC

www.pocc.org Mary Hogden: 510-639-1338

Pool of Consumer Champions

“The Mission of the POCC is to improve the quality of life for Alameda County residents who have mental health or mental health and substance use issues, in whatever settings they find themselves, and to provide the consumer perspective in Transforming Alameda County Behavioral Health to a recovery vision that is consumer-driven, culturally responsive, and holistic in its services and supports. The POCC provides an empowered and informed voice: of, by, and for consumers in the behavioral health care system, related systems, and in the community.”



GETTING THERE

Transportation

Get up! Get out! Get going with these “plan a trip” suggestions:

- Alameda County “AC” Transit
www.actransit.org
510-891-4777
TDD/TTY 711 or 800-735-2929
- Paratransit
www.eastbayparatransit.org/
eligibility.htm
510-287-5000
- Trip Planner i.e., BART, Bay Area Rapid Transit
bart.gov/planner
- BART Customer Service,
510-465-2278 Berkeley/Oakland/San Leandro
www.bart.gov/stations/elevators - elevator status
www.bart.gov/stations/escalator - for escalator status
- Lyft - www.lyft.com/rider/signup
- Sign up for Uber - www.uber.com



STAYING SAFE

Safety Tips

Senior Injury Prevention (S.I.P.P.)

www.ems.acgov.org 510-618-2050

SUPPORT SERVICES

acmhsa.org

Alameda County Mental Health Service Act 24-hour
Crisis Line: 1-800-309-2131
TEXT “safe” to 20121 4-11pm 7 days a week

acbhcs.org

Alameda County Behavioral Health Information and Referral
Line for Alameda County
1-800-491-9099

acgov.org/wellness

Wellness Works @ Alameda County; Health, Nutrition, Fitness,
Finances, Activities, News & Information

askferc.org

Family Education and Resource Center

nami.org

National Alliance on Mental Illness 1-800-950-NAMI (6264)

fremont.gov

Fremont Senior Center - 510-790-6600
Senior Help Line - 510-574-2041

uwba.org/SparkPoint

SPARKPOINT, United Way Bay Area
Oakland: 510-924-3610, Fremont: 510-574-2020
1-800-273-6222 or 211

*Assistance with housing, health, finances, credit, education,
and more.

www.adata.org

Service Animals ADA National Network

To talk to a Warm Line counselor: call or text 855- 845-7415

Monday—Friday: 7am-11pm

Saturday: 7am-3pm

Sunday: 7am-9pm

Run by the Felton Institute in San Francisco.

MORE SUPPORT

- **Senior Center without Walls**
www.seniordirectory.com 1-800-955-8510
- **Area Agency on Aging/AAA**
Information & Assistance Line: 1-800-510-2020
- **Senior Support Program of the Tri-Valley/SSSPV**
www.ssptv.org
- **Well Connected**
www.covia.org/services/well-connected
925-956-7400
- **hhrec.org**
Alameda County 10x10 Wellness Campaign,
Black Women's Media and Wellness Project,
Sacred Space, Get Fit
- **community.aarp.org**
Online community/social media support



PEERS

www.peersnet.org 510-832-7337
333 Hegenberger Rd, Suite 250
Oakland, CA 94621

“**PEERS** is a diverse community of people with mental health experiences. Our mission is to promote innovative peer-based wellness strategies. We create culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination.”

The Wellness Recovery Action Plan, W.R.A.P., is one of PEERS programs that focuses on wellness and wholeness. This program is designed to give participants the tools for improving their own lives and ultimately help others do the same.

WRAP is used worldwide by people dealing with mental or general health challenges and by those who want to attain the highest possible level of wellness. WRAP groups are free of charge and open to the public.

Wellness Recovery Action Plan (WRAP®) Introductory One-Day Orientation

WRAP® focuses on self empowerment for wellness and wholeness rather than illness and sickness. These introductory one-day orientations are for anyone interested in learning more about what WRAP® is not for anyone considering attending an ongoing weekly group.

NUTRITION SUPPORT

- **Alameda County referral line** - (800) 870-3663
- **Project Open Hand/East Bay** - 510-622-0221
- **Alameda County Community Food Bank**
510-635-3663
- **Alameda Food Bank** - 510 523-5850
- **All Saints Episcopal Church Food Pantry**
at the Neighborhood Center - 510-569-7020
- **Berkeley Food Pantry** - 510-525-2280
- **Mount Zion Missionary Baptist Church**
Community Food Giveaway - 510-893-2932
- **Salvation Army** - Tri-Cities Corps Community
Center USDA Government Commodities;
Holiday Toys and Food Baskets - 510-793-6319
- **St. Mary's Center/Food for All Ages** - 510-923-9600
- **Tri-City Volunteers, Inc.** Emergency Food, Clothing
and Household Items - 510-793-4583
- **Alameda County Food Bank/Holiday Food
Bank Hotline** - 510-635-3663
- **Emeryville Citizens Assistance Program (ECAP)**
510-499-1263

CAL FRESH

www.getcalfresh.org 888-999-4772

SSI recipients can now apply for food benefits.

Apply in 10 minutes...Get money within 30 days...

Buy groceries!

www.alamedasocialservices.org

SENIOR BENEFITS & DISCOUNTS

Remember to ask for your senior discount!
Many establishments offer them. Restaurants,
movie theaters, and transportation included.

Resources

- www.aarp.org
AARP is a great place to find resources for older adults.
- www.pge.com REACH - 1-800-933-9677
PG&E offers an energy savings assistance program
- www.needhelppayingbills.com
Salvation Army assists with bill paying

Housing Advocacy

- www.infoforseniorliving.com
- www.everyonehome.org

Legal Aid

- <https://baylegal.org>
- Legal Advice Line: 800-551-5554

Social Security

- 1-800-828-0878 - 'eform easy apply'
- www.disability-benefits-help.org

The choices are unlimited when looking for activities to boost the mind. Check out the word puzzle below.

Complete this fun activity created by St. Mary's seniors.

HEALTH TIPS

E	L	A	U	G	H	V	P	Y	S
X	Y	R	D	F	Z	I	F	N	W
E	C	M	R	R	U	T	U	N	I
R	H	W	B	I	A	A	N	H	M
C	E	A	A	E	F	M	S	E	M
I	C	L	L	N	A	I	W	A	I
S	K	K	A	D	M	N	A	L	N
E	U	I	N	S	I	S	T	D	G
E	P	N	C	G	L	R	E	A	B
M	S	G	E	H	Y	B	R	Y	I

heal friends laugh vitamins checkup
 family fun swimming walking
 balance exercise water

CALL TO ACTION

What time is it?

Time to put your game plan into motion. Don't have a game plan, yet? No problem. Complete the self-assessment form below to get started.

My favorite hobbies or things to do:

1. _____
2. _____
3. _____

My favorite friends to do things with:

1. _____
2. _____
3. _____

My best times to be out and about in the community:

1. Morning - time _____
2. Afternoon - time _____
3. Evening - time _____

My best choices for Senior Services.

1. _____
2. _____
3. _____

California Peer-Run Warm Line



As peers with lived experience of mental health challenges, we provide emotional support and referrals to mental health resources. Call or chat with us online!

1-855-845-7415
www.mentalhealthsf.org

New Hours

Monday - Friday: 7am-11pm
Saturday: 7am-3pm
Sunday: 7am-9pm



