

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

"Tackling the challenges of aging with expert solutions"

Spring 2018

| www.AGEofCentralTX.org



Pflugerville Seniors Conference Returns on Thursday, May 10th

AGE of Central Texas is once again partnering with the Pflugerville Community Church to host the **Pflugerville Seniors Conference** on Thursday, May 10th, from 9:00 a.m. to 2:00 p.m. This free annual community event features area experts discussing aging-related topics that include paying for long-term care, financial and legal issues, and driving safely as you age.

Check-in will begin at 9:00 a.m. with a light breakfast and the Resource & Information Fair. Then from 10:00 a.m. to noon, participants will rotate between two informative one-hour breakout sessions (see below).

At noon, participants will be able to again visit the extensive Resource & Information Fair prior to the complimentary lunch. During lunch, Julia Davies from the Baylor Scott & White Health's Mature Driver

Program will present "We Need to Talk," an informative session that will discuss the impact of aging on driving skills, driving behaviors of mature drivers, warning signs of an unsafe driver, and how to talk to a loved one about safety concerns.

This state-wide driving program is a collaboration between Hillcrest Regional Trauma Services and the Texas Department of Transportation, and strives to reduce crashes, injuries, and fatalities among adult drivers.

Registration for the Pflugerville Seniors Conference is free, but space is limited. Participants can register online at www.TinyURL.com/PVilleConf2018, or by calling (512) 600-9275.

The Pflugerville Community Church is located at 1214 Pfennig Lane, Pflugerville, TX 78660. For more information, visit www.AGEofCentralTX.org.

Pflugerville Seniors Conference

Pflugerville Seniors Conference Breakout Session Speakers



The first breakout session features **Michael Gill**, President of Texas Senior Living Locators, who will discuss options that older adult can utilize to pay for long-term care options. Michael is widely considered one of the leading regional experts in senior living options, and he has an extensive knowledge of Veterans benefits, home health care, non-medical home care, geriatric care management, long-term care insurance, senior real estate specialists, senior movers, and a myriad of other Central Texas-area senior adult services.



For the second breakout session, Central Texas elder care lawyer **G. Gaye Thompson** will provide an overview of the legal documents that every senior adult needs to have. She has been licensed to practice before the United States Supreme Court, the Fifth Circuit Court, the United States District Court for the Western District of Texas, and the Supreme Court of Texas. She is also a Veterans Administration-accredited attorney and has been listed in the 2007-2015 editions of "Best Lawyers in America" in Elder Law.

Free Caregiver Seminar

Advanced Directives and Strategies to Avoid Probate

Paul Zambie from the Texas Legal Services Center will give direction on how to prepare an advanced directive and the strategies to use with an attorney.

**Saturday, April 21st
10:00 a.m. to Noon**

**Keller Williams Lake Travis Market Center
(1921 Lohmans Crossing Road, Lakeway, TX 78734)**

AGE of Central Texas will host the free caregiver support seminar **"Advanced Directives and Strategies to Avoid Probate"** on Saturday, April 21st, from 10:00 a.m. to Noon at the Keller Williams Lake Travis Market Center, located at 1921 Lohmans Crossing Road, Suite 100, in Lakeway. The free seminar is sponsored by the Austin Senior Resource Alliance.

Paul Zambie from the Texas Legal Services Center will give direction to senior adults and family caregivers on how to prepare an advanced directive and the strategies to use with their attorney. Advance directives are legal documents that allow a person to convey their decisions about end-of-life care in advance.

These documents provide a way to communicate final wishes to family, friends, and health care professionals, and to avoid confusion later on, and are also useful to avoid having to probate a will, ensuring that debts against an estate can be paid and assets can be transferred to the beneficiaries.

The seminar is free, but advance registration is required. To register for the seminar, visit online at www.TinyURL.com/AGEapril2018, or call Becky McGinnis at (512) 600-9275.

Get More Caregiver Resources, Delivered to Your In-Box!

Sign up for the AGE of Central Texas
Caregiver Communique

Register with your Smart Device

Or sign-up online at
www.AGEofCentralTX.org



24th Annual AGE Awards Slated for April 20th

AGE of Central Texas will celebrate five outstanding honorees who work to make the Central Texas community a better place for older adults and caregivers at the 24th annual AGE Awards, which will be held on Friday, April 20th, at The Thinkery in Austin. The annual AGE Awards recognize the outstanding achievements by individuals and local organizations whose leadership and contributions have made a significant impact on the quality of life for aging adults and their caregivers in Central Texas:



- **Willie Kocurek Vital Aging Award:** Honors an older community member who exemplifies the concept of vital aging and who is accomplished in the area of self-determination, self-sufficiency, civic engagement, and quality of life
- **Bert Kruger Smith Vision Award:** Honors a person or organization whose vision has enhanced the older adult community and has shown foresight and energy in implementing programs, services, or legislation that serves older adults
- **Philanthropy Award:** Honors a person or organization whose extraordinary generosity has supported work benefiting older adults
- **AGE Community Service Award:** Honors a person or organization who has volunteered in support of the older adult community
- **Lauck Legacy Award:** Honors a person whose professional commitment goes above and beyond his or her job description to impact the lives of older adults

For more information on the 2018 AGE Awards and this year's honorees, visit www.AGEofCentralTX.org.

Follow AGE on Social Media for Daily
Caregiver News, Updates & Resources:



@AGEofCentralTX

May Is National “Older Americans Month”

Every May, the Administration on Aging—part of the Administration for Community Living—leads the nation’s observance of Older American’s Month. For 2018, the theme will be “Engage at Every Age,” which emphasizes that you are never too old to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.



ENGAGE AT EVERY AGE: MAY 2018

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, or seeking the mentorship of someone with more life experience than you are just a few examples of being engaged. Volunteering at your favorite non-profit organization also provides meaningful engagement that simultaneously positively impacts the community.

Older Americans Month

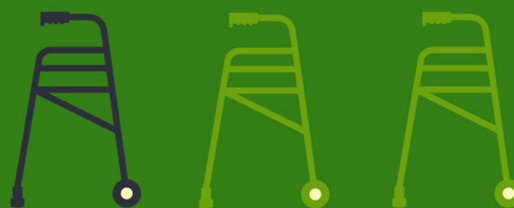
SENIOR RESOURCE FAIR

Tuesday, May 22 | 10 am - Noon
Onion Creek Senior Center
 (420 Barton Crossing, Buda, TX 78610)

THE TRUE COST OF FALLS

Falls are a huge factor in determining quality of life for seniors. They can lead to social isolation, injury, and even death. Here are some of the facts:

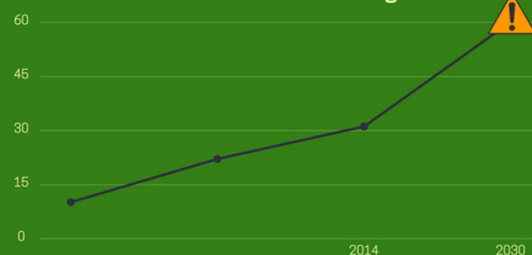
1 in 3 Seniors will suffer a fall this year



The average cost of a fall related injury is **\$19,440**



As our population grows older, the number of seniors falling and the total cost of falls is rising fast!



In 2014, the cost was more than \$31 Billion
 By 2030, it is expected to top \$60 Billion!

AGE of Central Texas

CaregiverU - A Matter of Balance: classes on falls prevention
 HELP: no-cost lending program for durable medical equipment
 Memory Connections and Adult Day Centers: promoting social connection and physical activity

FREE Caregiver Education for Family Members Caring for a Loved One

CAREGIVERU
 A Program of AGE of Central Texas

Classes are now forming in Travis, Williamson, Hays, and Bastrop Counties; find a free class near you:

www.CaregiverUcenTX.org



AGE of Central Texas is a non-profit organization that tackles the challenges of aging with expert solutions, offering programs, resources, and education for both older adults and those who care for them. Drawn from the words of our founders, Bert Kruger Smith and Willie Kocurek, our vision is to make aging a shared journey of strength and compassion. Visit online at www.AGEofCentralTX.org or call (512) 451-4611 for more information.

Adult Day Health Care

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas.
- Specialized in caring for individuals with memory loss or dementia.
- Convenient locations in Austin and Round Rock, open Monday - Friday from 7:00 a.m. to 5:30 p.m.
- Full-time nurse at each Center to assist with health monitoring and medication management.
- Activities designed to engage both the mind and body including music, brain boosters, gardening, and more
- All-inclusive: full day of activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, or private pay at \$65 per day.
- Call today for additional information and to schedule a free visit:



Austin Adult Day Health Center
3710 Cedar Street
(512) 458-6305

Round Rock Adult Day Health Center
475 Round Rock West Drive, #120
(512) 255-4865

AGE of Central Texas is an Equal Opportunity Provider

AGE of Central Texas
www.AGEofCentralTX.org

Central Office and Austin Adult Day Health Center
3710 Cedar Street, Austin, TX 78705
(512) 451-4611

Round Rock Adult Day Health Center
475 Round Rock West Drive, #120,
Round Rock, TX 78681
(512) 255-4865

Caregiver Education & Resources

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars and conferences with free respite services available.
- Free caregiver support group meetings every month in Austin and Round Rock.



CaregiverU

- Free evidence-based courses for non-professional, family caregivers, offered year-round at locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit www.CaregiverUcentx.org for current schedules.

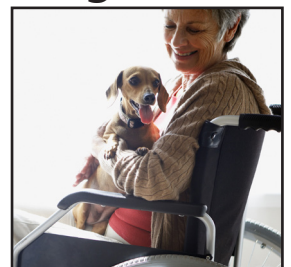
Memory Connections

- Free evidence-informed, weekly cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease, dementia, or memory loss.
- Five weekly locations around Central Texas with sessions from 9:30 a.m. to 2:30 p.m.



Health Equipment Lending

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email help@ageofcentraltx.org to request or reserve items.



Peer-Based Computer Classes

- Peer-to-peer technology instruction through low-cost classes and seminars for senior adults.
- Visit www.AGEcomputer.org for the current class schedules and more information.