



## Annual Support Campaign 2013

### AGING WITH INDEPENDENCE AND DIGNITY... a vision that is slipping away!

Proposed cuts to programs that provide safety nets **RIGHT HERE** in Monterey County to seniors who struggle daily to meet their **basic needs**, to be self-sufficient and to remain in their homes.

This comes at a time when the senior poverty level in Monterey County is almost three times **(22%)** the national average **(8%)**.

The average senior in our county is living on **less than \$20,000** per year. By UCLA's Elder Index Standard, that is **barely enough** for rent, food, transportation and health care for a senior *IN GOOD HEALTH*.

**Anti Aging** policies are being touted on the National Stage!

**19%** proposed cut in Older Americans programs on top of **8%** Sequester cuts.

**SINCE 1970**, the Alliance on Aging has served hundreds of thousands of seniors and their families in Monterey County. Providing information, resources and access to programs at NO cost, as well as substantial savings on health care and medications, paid employment training, and helping seniors secure tax refunds.

### **SENIOR PROGRAMS FACE UNPRECEDENTED RISK! HELP ENSURE THE VISION WE ALL SHARE OF AGING WITH DIGINTY AND INDEPENDENCE.**

**MYTH:** Seniors have Medicare and Social Security and don't need help.

**FACT:** For a single senior, the average Social Security payment is \$12,100 per year. Medicare does not cover dental, vision, hearing aids or unskilled home care services.

**MYTH:** Boomers are "flush" and will not need services when they retire.

**FACT:** There are 79 million "baby boomers" in the United States (individuals born 1946 to 1964). They are less prepared for retirement than any prior generation. Retirement age will increase as they live longer, health care costs will rise and retirement benefits will decrease.

**MYTH:** Seniors are wealthy and will transfer that wealth to the next generation.

**FACT:** A substantial percentage of seniors die with virtually no assets, 46.1% with less than \$10,000. Many have no housing wealth and rely almost entirely on social security benefits.

**MTYH:** Seniors are isolated because their families are spread out throughout the country.

**FACT:** Seniors are isolated most often as a result of lack of mobility, illness, loss of job, fewer friends and caring for a loved one. Isolation is linked to depression, anxiety, panic attacks and chronic medical conditions.



**Help our local seniors and give generously to our 2013 Annual Support Campaign.**

## MISSION STATEMENT

As a community leader and advocate, the Alliance on Aging provides services and resources that address the challenges and opportunities of aging.

Marie's voice was soft and a little shaky when she called the Alliance on Aging. Her husband John's dementia was getting worse and he had begun to wander. The doctor said it was time to place John in a nursing home. Marie had promised herself she would never do that, but she knew with her own health problems and her diabetes she could not care for him at home any longer. She could not afford to pay for caregivers in the home but who would pay for the nursing home? They were living on social security and a very small pension. They barely had enough money for rent and groceries and their monthly bills. Their medications were expensive and she did not understand how Medicare worked and what it paid for. Their tax returns had not been filed for the last two years. Her only son lived in Florida and couldn't visit very often. She did not want him to worry. Marie had never felt so lonely and overwhelmed in her life. She was desperate and hoped the Alliance on Aging could help.

The Alliance on Aging was able to help Marie. The Ombudsman program worked with Marie to identify an appropriate nursing home for John and the payment options for his care. The Ombudsman frequently visited the facility to check on John. The Medicare Counselor was able to help Marie find a prescription plan which saved her about \$1,000 a year and they will help her reevaluate her plan every year. The Tax Counseling Program wrote letters on her behalf to the IRS and assisted her in filing her tax returns. Marie received a refund of \$2,200. Through Benefits Checkup, she was able to access discounts on utilities, obtain taxi vouchers and a free cell phone and discount on her cell phone service. Marie was matched up with a Senior Peer Counselor who met with her every week in her home to talk about her feelings and the challenges she was facing and helped her once again find meaning and balance in her life.

### **IN FY 12-13, STAFF AND TRAINED VOLUNTEERS PROVIDED THESE SERVICES AT NO COST TO SENIORS THROUGHOUT MONTEREY COUNTY:**

**Senior Peer Counseling (SPC)** - Provided **3,028** sessions of confidential emotional support and individual counseling and support groups to older adults as well as community wellness lectures.

**Tax Counseling for the Elderly (TCE)** - Provided confidential assistance with State and Federal tax preparation during tax season to over **1,400** seniors and generated **\$999,639** in refunds to seniors.

**Medicare Information & Counseling (HICAP)** - Provided Medicare health plan comparison, one-to-one counseling to compare supplemental or long-term coverage, explanation and advocacy to **2,553** new Medicare beneficiaries and provided an estimated savings of **\$480,623**.

**Long-Term Care Ombudsman (LTCO)** - Provided **4,359** hours of complaint investigation and advocacy for the **2,200** residents in skilled nursing and assisted living facilities in Monterey County. Provided information and guidance for families seeking placement for their loved ones.

**Senior Employment (SET)** - Provided paid training and employment opportunities for low-income eligible seniors. Participants contributed over **26,765** community service hours to non-profit and other organizations in Monterey County.

**Benefits Checkup** - Since January of 2013, this new program assisted **169** seniors to access food benefits, medication and utility discounts, taxi vouchers, free cell phones and monthly discounts on service.

**Community Outreach & Education** - Provided Outreach and Education programs throughout the county that connected with more than **32,500** individuals.

**YOU CAN HELP KEEP THESE VITAL SERVICES ALIVE FOR OUR LOCAL SENIORS.  
PLEASE GIVE GENEROUSLY TO OUR 2013 ANNUAL SUPPORT CAMPAIGN.**