



## **AGING HORIZONS Newsletter**

**Published by the Aging Services Bureau/Senior & Long-Term Care Division**

**September/October 2022**

### **What are some of the benefits of attending the annual Governor's Conference on Aging?**

- Building knowledge base and finding resolutions to problems
- Discussing new ideas and sharing best practices
- Learning about the newest innovations and insights
- Making new contacts and nurturing current relationships
- Creating collaborations and forging partnerships
- Inspiration and renewal personally as well as professionally
- Spending time with like-minded people you've just met as well as some you've known for years
- Realizing that aging can be difficult at times, and takes much courage
- Appreciating that aging can and should be celebrated

And in 2022, there is a brand-new conference benefit you might find even more valuable; this conference will be presented as a hybrid. Either attend in person and enjoy all that the historic city of Butte, the Butte Copper King Hotel and Convention Center and the Governor's Conference have to offer or attend our live stream and enjoy the conference from afar.

53rd Annual Governor's Conference on Aging  
October 4<sup>th</sup> and 5<sup>th</sup>, 2022



Montana's annual *Governor's Conference on Aging* originated in 1968; it is organized and supported by the Montana Office on Aging as well as the Governor's Advisory Council on Aging. Our mission is to promote deeper understanding of aging, offer information, education and advocacy to older citizens, their families, friends, caregivers and professionals in many aging and disability disciplines. The Conference on Aging annually presents topics and information relevant to all of us as we face aging and/or disability issues.

When people of **all** ages, backgrounds and experiences gather, we are gifted with the opportunity to learn about one another and increase our understanding of the challenges we all face, as we care for our most vulnerable citizens and grow older ourselves.

**Join us for a celebration of aging and of the extraordinary courage necessary to navigate growing older.**

**We have the best speakers:**

## **Conference Keynote Speakers**



Percy Devine III

Regional Administrator for U.S. Dep. Health and Human Services - Administration for Community Living (Region VIII)

Percy Devine III serves as Regional Administrator of the Administration for Community Living in Region VIII (Denver, Regional Office) with responsibility for representing the Assistant Secretary for Aging and ACL Administrator, advocating for older adults and people with a disability in the Region, and maintaining stewardship of the aging services programs in Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming.

Provides technical assistance on Older American Act and aging policy issues, in coordination with ACL subject matter experts, and serves as a liaison to the following state and tribal aging programs: CO, MT, ND, SD, UT, and WY and 25 federally recognized tribes receiving funding through the Older Americans Act (OAA) within DHHS-Region VIII. Mr. Devine maintains holistic understanding of and relationships with aging networks in each state he is serving. Serves as ACL coordination point for emergency/disaster preparedness and response within Region VIII.



Paul Greenwood

Newly retired Deputy District Attorney Paul Greenwood was a lawyer in England for 13 years. After relocating to San Diego in 1991 he passed the California Bar and joined the DA's office in 1993. For twenty-two years Paul headed up the Elder Abuse Prosecution Unit at the San Diego DA's Office. In 1999 California Lawyer magazine named Paul as one of their top 20 lawyers of the year in recognition of his pioneering efforts to pursue justice on behalf of senior citizens.

He has prosecuted over 750 felony cases of both physical, sexual, emotional and financial elder abuse. He has also prosecuted ten murder cases, including one death penalty case.

In March 2018 Paul retired from the San Diego DA's office to concentrate on sharing lessons learned from his elder abuse prosecutions with a wider audience. In October 2018 he was given a lifetime achievement award by his former office.

Paul now spends much of his post retirement time consulting on elder abuse cases and providing trainings to law enforcement and Adult Protective Services agencies across the country and

internationally. He is also involved as the criminal justice board member of National Adult Protective Services Association.

The content of this session will include what is happening in Montana and what action steps are taking place to make a difference.

## **Other Conference Highlights**

### ***Caregiver/Respite Programs Panel***

Daniel Koltz, PhD, Assistant Professor, MSU-FCS Extension – Gerontology Specialist, Michelle Mathot, Education & Outreach Coordinator, Area IV Agency on Aging-Rocky Aging, Melanie Williams, Alzheimer's Association MT Chapter, and family caregiver, Roberta Bigback, Title VI Director, Northern Cheyenne Elderly Program and Vicki Clear, Lifespan Respite Voucher Program

### ***Senior Center Programs Panel***

Mindy Diehl, Rocky Mountain Development Council Nutrition Program-Rocky Aging (Area IV Agency on Aging), Whitefish Senior Center, Samantha Walker, Evidence Based Programs, Courtney Hoskins, Consultant, How to Calculate Meal Cost

### ***Statewide Needs Assessment Survey Results***

***State Plan Focus Group Meeting: opportunity to give input to the State Plan on Aging***

## **More Conference Details**

This year's conference will be held October 4-5, 2022, at the Copper King Hotel and Convention Center in Butte and will also be live streamed across Montana.

Registration for in-person is \$75 per person and \$25 for virtual participation.

### **[Room Reservations](#)**

There will be a silent auction in-person, additionally there will be a virtual auction for our live-stream participants, sponsored by the Governor's Advisory Council on Aging. Funds raised will support the mini-grant program for Montana's Senior Centers.

**A conference tradition important to all  
is  
Celebrating Centenarians**



Montana has one of the fastest growing aging populations in the nation. Over the next 15 years, the percentage of older adults over age 65 will be 25% or more of Montana's total population. Of this group, those aged 100 or older continues to increase each year. Since 2006, we have honored Montana's Centenarians at the Centenarian Celebration at each conference.

As part of the 2022 conference, a Centenarian Celebration Luncheon will be held Noon to 1:30pm on October 4th, 2022, at the Copper King Hotel and Convention Center in Butte and is being sponsored by AARP's "Wish of a lifetime" program. The cost of the luncheon and one night stay (if needed) for the Centenarian and one guest will be covered by the sponsor; To reserve your seat at the table, contact Nichole Thennis at (406) 444-6061 or e-mail [Nichole.Thennis@mt.gov](mailto:Nichole.Thennis@mt.gov)

**Check out [Centenarian Registration Information](#)**

**We have wonderful resources to share**



**Is there a senior you would like to nominate for their  
“Wish of a Lifetime?”**

“*Wish of a Lifetime*” from AARP is changing how we age, one inspirational wish at a time.

Aging is universal and should be celebrated. But negative views of aging leave older Americans isolated with fewer opportunities to connect with their communities, purpose, and passions in life.

As one of AARP's charitable affiliates, *Wish of a Lifetime* helps people fulfill their dreams while combatting the negative effects of isolation and strengthening social ties and intergenerational connections.

To date, *Wish of a Lifetime* from AARP has granted over 2,000 wishes. The wishes fulfilled are varied though many fit into one of these categories:

Renewing and celebrating passions: connect recipients with their long-standing interests, activities, and hobbies.

Connecting loved ones: emphasizes the tremendous impact of social connection by reuniting recipients with friends or family.

Commemorating service: honors individuals who have served their country.

Fulfilling lifelong dreams: provides wish recipients an opportunity to do something for the first time.

Each experience provides the opportunity to confront aging stereotypes by sharing the inspirational stories of wish recipients like Mona who got her first ballet slippers at age 80 or 65-year-old Benny who revisited special memories on the Georgia coast with his sister Vevelyn who dropped everything to become his full-time caregiver after their parents passed away. Join us in redefining aging! Nominate a senior in your life or community by completing an application.

Want to learn more about Wish of a Lifetime in Montana? Reach out to Caitlin Shepherd, Field Manager-Mountain West, at [caitlin@wishofalifetime.org](mailto:caitlin@wishofalifetime.org) or (720) 877-4799.

# NATIONAL SAVINGS DAY PLAN FOR THE FUTURE

October 12<sup>th</sup>, 2022



This year, October 12th is *National Savings Day*. This day serves as an important reminder to plan for your financial future.

Social Security is a vital part of any financial plan. We have online tools to help you understand your potential Social Security benefits and how they fit into your financial future.

You should periodically review your *Social Security Statement* using your personal *my* Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) [ssa.gov]. Your *Statement* is an easy-to-read summary of the estimated benefits you and your family could receive, including potential retirement, disability, and survivors' benefits.

Our Plan for Retirement tool in your personal *my* Social Security account allows you to check various benefit estimate scenarios. You can compare the effect different future earnings and retirement benefit start dates have on your future benefit amount.

Please let friends and family know they can take steps to improve their financial knowledge by signing in to their secure *my* Social Security account. If they don't have an account, they can easily create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) [ssa.gov].



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## Navigating Medicare

**For free, confidential, objective Medicare assistance in Montana, call your local SHIP Counselor at 1-800-551-3191 and schedule an appointment!**

**Remember – Annual Medicare Enrollment**

**October 15<sup>th</sup> to December 7<sup>th</sup>**

*The State Health Insurance Assistance Program (SHIP)* is a national program that provides no cost, objective, individual health-benefits counseling and advocacy for Medicare beneficiaries and their families or caregivers. SHIP Counselors educate, advocate for, assist and ultimately empower Medicare beneficiaries to make well informed benefit decisions that are uniquely tailored to address their health situations as well as their economic realities. SHIP counselors may also assist beneficiaries with applications for Medicare “helping programs” that are available such as Medicare Savings Program, Low-Income Subsidy and Big Sky RX.

The Montana **SHIP** is an independent, objective, and confidential assistance and referral program funded by The Administration on Community Living (ACL) and is not affiliated with the insurance industry. The Montana SHIP is administered by the Montana Office on Aging and operated through our [Area Agencies on Aging](#); you may contact your local SHIP Counselor.

When you contact the Montana SHIP (1-800-551-3191), you will be linked with a local SHIP counselor who can meet with you to discuss:

- Medicare Eligibility, Enrollment and Benefits
- Medicare Part D (Medicare Prescription Drug Coverage) plan comparisons
- Related types of health insurance benefits
- Medigap (Supplemental) Insurance resources
- Medicare Health Plans
- Medicare Fraud, Waste and Abuse
- Long Term Care options and information



# ***NUTRITION NEWS!***

## **Tips for Picking Healthy Food as You Age**

Here are 6 tips to help you find the best foods for your body and your budget.



### **1. Know what a healthy plate looks like**

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet. [www.ncoa.org](http://www.ncoa.org)

### **2. Look for important nutrients**

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)



Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

### **3. Read the Nutrition Facts label**

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

### **4. Use recommended servings**

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

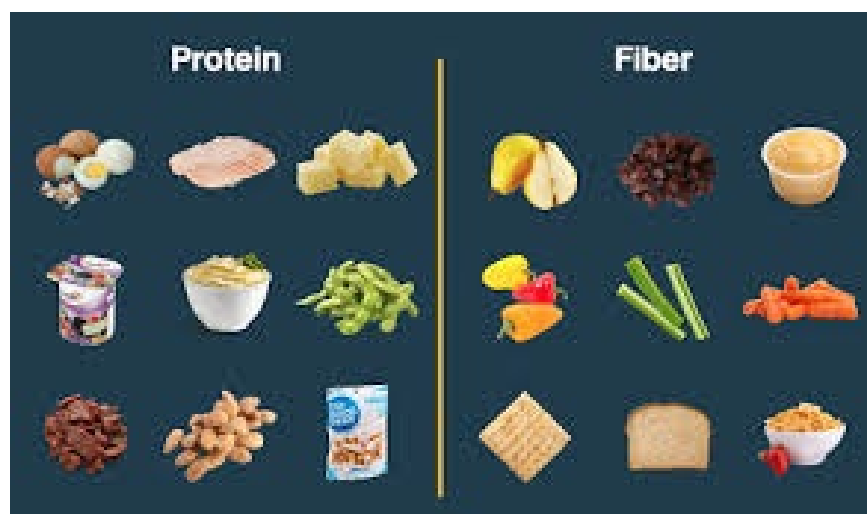
### **5. Stay hydrated**

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

# STRETCH YOUR BUDGET

## 6. Stretch your food budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food. Visit [www.benefitscheckup.org/getsnap/](http://www.benefitscheckup.org/getsnap/) to see if the program can help you.



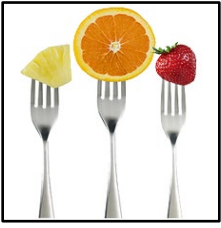
## SNACKS CAN BE GOOD FOR YOU!

Minkie Medora, RD (Retired)

Let's face it – most of us like to snack. Overall – among the American population, it is estimated that about 30% of people snack four times a day. Many others snack one to two times a day. A majority of the snacks are higher in salt, sugar and fat – like chocolate, potato chips and higher calorie beverages. Added together, high snackers can get one-fourth of their daily calories just from snacks. These unplanned, unhealthy snacks are the result of not having a healthy option handy when you need it.

***For older Americans*** – snacks can be very healthful and satisfying if they are planned right. Many snackers don't think about snacks until the mid-morning or mid-afternoon with feelings of hunger. When we feel hungry, we tend to pick up whatever is available – regardless of the calorie or nutritional content.

## Two simple strategies about hunger feelings outside mealtimes



**First** - having a small, healthy snack will get rid of the hunger pangs and allow you to wait till your regular mealtime.

**Second** - if you have snacks that are planned and packaged ahead of time as “Grab Bags”, you can carry one of these with you wherever you go, including the workplace. That way the snack is ready for you when you feel a strong urge to snack. Basically, there is nothing wrong in snacking if it is planned and done right.

So, is it okay for all older adults to have snacks regularly? The answer depends on your situation. If you are someone who can eat their regular meals without a problem but would like to plan for one or two snacks, then cut something out of your main meals and skip the dessert and use those food items for a snack. You can skip a second serving of bread or pasta, a second serving of meat or a dessert and replace these food categories using one of the ideas in the “Healthy Snack Ideas” below.

If – on the other hand, you have difficulty eating a whole meal at one time, have trouble chewing, or feel a loss of appetite due to medications and don’t feel like eating very much at a time, then snacks can be very helpful in making up for lost calories and avoiding weight loss, as well as making up for essential protein, vitamins and minerals. Overall, the diets of many seniors are usually lacking in nutrients like calcium, potassium, fiber and the B vitamins.

**A simple way of planning good snacks** is to first make a list of things you like to eat that are good sources of nutrition and lower in calories. Once that is done, you can prepare a few “Grab Bags” and plan to use them if you need something between meals.



## Healthy Snack Ideas for Grab Bags



- PRE-CUT VEGETABLES LIKE BROCCOLI, CARROTS, CELERY STICKS, CUCUMBERS
- BAG OF BABY SPINACH OR MIXED GREENS WITH A SMALL CUP OF LOW FAT DRESSING OR LO-FAT COTTAGE CHEESE
- SNAP PEA PODS
- MIXED BABY RED AND YELLOW PEPPERS
- CHERRY TOMATOES
- HUMMUS WITH VEGGIES TO DIP LIKE CELERY, OLIVES, CARROTS
- FRESH BABY ORANGE
- DRIED APPLES
- DRIED CRANBERRIES
- SUGAR FREE GRANOLA
- LOW CALORIE GRANOLA BARS
- HEALTHY TRAIL MIX
- BROWN RICE CAKES
- PLAIN, UNSALTED, UNBUTTERED POPCORN
- SMALL CAN OF TUNA OR CHICKEN WITH CRACKERS OR TOAST
- HARDBOILED EGG
- PEANUT BUTTER AND CRACKERS
- NUTS – ¼ CUP
- LOW SUGAR FRUIT WITH LOW-FAT YOGURT
- LOW-FAT SPREADABLE CHEESE OR CREAM CHEESE
- LOW FAT, LOW SALT STRING CHEESE
- FROZEN RICE-DREAMS, INSTEAD OF ICE CREAM. THEY ARE NON-DAIRY AND LACTOSE FREE
- LOW CALORIE PUDDING OR FRUIT CUPS
- CUP OF GREEN TEA



**Aging Horizons TV Show**

**"If you are asking about it, we are talking about it"**

**Watch for us on the following Stations:**

**Sundays at 9:00AM on the following channels:**

**KWYB – ABC Butte/Bozeman**

**KFBB – ABC Great Falls**

**KHBB – ABC Helena**

**KTMF – ABC Missoula/Kalispell**

**SWX and NBC in Billings– Saturday at 9:00AM on SWX and  
Sunday at 9:30AM on NBC (KULR8)**

**Did you know you can watch AGING HORIZONS on YOUTUBE?**

**Click on [www.youtube.com/user/MontanaDPHHS](http://www.youtube.com/user/MontanaDPHHS)**

Shows are now available through August 2022, featuring livable communities, senior farmer's markets, Medicare, grandparents raising grandchildren, hospice care, suicide prevention and so much more! Tune in today, for the information you need to live your best life every day!