

# June 2024 Newsletter

<https://mailchi.mp/councilonaging/newsletter-june-2024>



## Dear friends, donors, volunteers and supporters,

We're beginning our new fiscal year in July with an updated **mission, vision, and values**. These define the purpose of the Council on Aging of Central Oregon and guide our current and future work as we evolve and adapt to the changing needs and expectations of those we support.

**Our Mission:** The Council on Aging supports all Central Oregonians to age well wherever and however they choose. We empower, advocate for, and provide services to older community members and their loved ones.

**Our Vision:** An inclusive community that values and supports all people as they age.

**Our Values:** Working together with older adults and their loved ones to navigate aging with respect, compassion, reliability, and integrity.

You can **read more on our website** about what we believe and how we plan to incorporate diversity, equity and inclusion (DEI) principles into the work we do to serve seniors in Central Oregon.

We look forward to continuing our work with renewed purpose and dedication. Thank you for your ongoing support.

Sincerely,

*Cassie Regimbal*

Cassie Regimbal, LMSW  
Executive Director



## Get Involved

### Cultivate Central Oregon

At the Council on Aging, our Meals on Wheels and Community Dining programs are crucial in supporting Central Oregonians to age well on their own terms. With the fiscal year closing, we are experiencing more demand and a higher financial burden. See how we **cultivate a better life** for older adults in Central Oregon and help us reach our goals.

[Donate Today](#)

If you prefer to give by check, please send your donation to: The Council on Aging of Central Oregon, 1036 NE 5th Street, Bend, OR 97701. Please include your email address, phone number and return address so we can thank you! Our tax identification number is: 93-0661229

“The Council on Aging is cultivating a caring community, and I am grateful for the meals and support that help me live at home in my golden years.”



## Seeking Medicare Counseling Volunteers



We are looking for new **Medicare counseling** volunteers. Counselors provide free, unbiased advice to Medicare-eligible older adults as part of Oregon's **Senior Health Insurance Benefits Assistance** (SHIBA) program. If you are interested in learning more about becoming a volunteer Medicare counselor, email [volunteer@councilonaging.org](mailto:volunteer@councilonaging.org) or call (541) 678-5483.

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## Tell Congress to Reauthorize the Older Americans Act

The federal **Older Americans Act** (OAA) helps fund critical services for older adults and their loved ones like Meals on Wheels and Community Dining. The current law expires at the end of September 2024, and we're working with state and federal partners to advocate for the protection of these programs. Please lend your support to ensure that lawmakers understand how important OAA is to their constituents. Find out how to get involved at [www.councilonaging.org/advocacy](http://www.councilonaging.org/advocacy).



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## News and Updates

### Latino Community Outreach

Our Bilingual Case Manager, Ulysses Vargas, has been working diligently to expand our services to Spanish speakers across Central Oregon. Ulysses provides help to members of our community who might otherwise fall through the cracks in the system due to the language barrier.



*"When I was conducting the Meals on Wheels home assessment with Maria in Spanish, I learned about her struggles with daily living and the active home repairs she needed. There was no running water in her bathroom sink, and she had been walking all the way to the kitchen to wash her hands. I worked with our partners at Friend2Friend to fund Maria's sink repair at no cost to her.*

*Being able to speak to Maria in her own language made this accomplishment happen. She was happy to see that, for the first time in her 25 years living in Bend, a Central Oregon organization (The Council on Aging) could now provide services for seniors in Spanish."*



Thanks to Ulysses, we now are able to offer **Information and Resources** (our Help Desk), **Meals on Wheels**, and **family caregiver** respite grants fully in Spanish. If you or an older loved one needs help in Spanish, call Ulysses at (541) 527-0895.

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## **Board and Advisory Council Members Updates**

We'd like to officially welcome Sally Jacobson, who joined the Council on Aging Board in January and recently became Treasurer. We also appreciate the service of our former Board Treasurer, Wendy Miki Glaus, who stepped down after five years.

Esther Reed has been elected Chairwoman of the Advisory Council, which is also an ex-officio member of the Council on Aging Board. We miss Jean Stevens, who retired in March, but are excited about Esther's perspective and leadership.

Thank you to Kari Hutchison, who had to step down from the Advisory Council. Her commitment to seniors continues through her work in assisted living and memory care.

We are grateful to all Council on Aging **Board** and **Advisory Council** members for their service and dedication to helping older adults in Central Oregon.

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## Catch Us at These Summer Community Events

We'll be at the **Sisters Outdoor Quilt Show**, **Not'Cho Grandma's BINGO**, the **Culver Crawdad Festival**, and **Latino Fest**.



## Awards

We are thrilled to have received a \$10,000 gift from the **Reser Family Foundation** for our Meals on Wheels program. The Reser Family Foundation provides charitable grants to organizations that strengthen Oregon's communities. Thank you, Reser Family Foundation!



We are also grateful for the Bi-Annual Grant awarded to the Council on Aging by the **Alzheimer's Foundation of America** to support our respite care program for families affected by dementia. Thank you, Alzheimer's Foundation of America!



## Volunteer Appreciation Celebration

April was National Volunteer Month, and we hosted an event to say thank you to all of our wonderful volunteers. Over 100 volunteers from the tri-county area attended the event and enjoyed a musical performance by Bill Sterling, as well as delicious food from **Bleu Bite Catering**.



## Medicare Fraud Prevention

Medicare fraud is running rampant with an **estimated \$60 billion** lost each year due to fraud, errors, and abuse. You can help prevent Medicare fraud by being the first line of defense in protecting your Medicare benefits.

- Treat your Medicare card like a credit card to protect your identity.
- Don't take advice or offers of medical services from people you don't know.
- Get help from the Council on Aging's free **Medicare counselors**. If you need help understanding your **Medicare Summary Notice or Explanation of Benefits**, or have any other questions related to Medicare, call **(541) 678-5483**.

If you suspect you have been the victim of Medicare fraud, call the **Senior Medicare Patrol** at **1-855-673-2372** or email [oregon.smp@state.or.us](mailto:oregon.smp@state.or.us).



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