



What's Hot

Robotics and automation, employment, and aging

Baby Boomers “The aging of the Baby Boomer population bears noting as an indirect economic driver for new machines, to make aging Baby Boomer care and maintenance more possible and affordable.” <http://www.washingtonpost.com/news/volokh-conspiracy/wp/2014/01/23/robotics-and-automation-employment-and-aging-baby-boomers/>

UCLA <http://www.semel.ucla.edu/longevity>

Dr. Gary Small, UCLA's Parlow–Solomon Professor on Aging and a professor of psychiatry and biobehavioral sciences at the Semel Institute for Neuroscience and Human Behavior at UCLA, was quoted Dec. 27 in a [Psychiatric News](http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=1812212) (<http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=1812212>) article on how new brain-imaging techniques have provided insights into the biological underpinnings of psychiatric illnesses.

**CASSC
Membership**



**Renew your
membership
today!!**



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President's Message

Hello CASSC members, please make sure to set aside funds in your budget for our annual Conference in October! This year's conference will take place in beautiful San Luis Obispo and promises to be another wonderful opportunity to learn and be inspired by talented presenters and your peers in aging and adult services. Our CASSC Conference team, led by Conference Chair Doug Dougherty, are working diligently on programming but we need your input! This year's change in location comes as a direct result of your feedback and our commitment to meeting the needs of our members across the state. We'd like to hear what your training interests are and be sure to incorporate these suggestions into our sessions. Please be sure to fill out our survey by March 15- by clicking on the link on page 5. Thank you again for your support, we look forward to seeing you soon! Maria Lucchesi

www.esuicidetalk.net

What is esuicideTALK? It is a Web-based individualized learning opportunity. Built around the core question of "should we talk about suicide?" E-SuicideTalk is an awareness program developed by Living Works Education Brought to you by the California Mental Health Services Act (CalMHSA) and Well Space Health. Until June 30, 2014, esuicideTALK is being offered throughout California for FREE. Contact us at WellSpace Health's Suicide Prevention & Crisis Services today to begin your own personal exploration of suicide. Email: training@wellspacehealth.org

NRPA "SmartBrief"

The National Recreation and Park Association has partnered with SmartBrief to launch NRPA SmartBrief, a twice-weekly e-mail newsletter specifically designed for park and recreation industry professionals.

This resource is specifically aimed at bringing you a quick, two-minute read that will help keep you up-to-date with the latest news and trends in our industry. News stories are meticulously picked for content and delivered straight to your inbox. In fact, you may [sign up today](#) to ensure you don't miss a single issue.

2013 Mental Health and Aging Award

In December 2013- Patrick Arbore received the 2013 Mental Health and Aging Award at ASA's Aging in America Conference. Congratulation!

Veterans Benefits

Grow More Important with Age

California is currently home to 1.8 million veterans. More than 60% of the State's veterans are 55 years old and older. For older individuals, veterans' benefits could mean the difference between living comfortably in retirement and having to watch every dollar spent. Benefits could also mean the difference between getting the medical care and services needed and going without. Unfortunately, fewer than 16% of eligible California veterans are taking advantage of their compensation or pension benefits and fewer than 25% are using their health care benefits.

Lack of knowledge is one of the reasons veterans don't file for their benefits. What benefits are available? Is there an application time limit? Does a disability have to be combat-related to qualify for benefits? Can a disability rating be upgraded or a disability rating denial be appealed? What benefits are available to veteran spouses?

To learn about state and federal veterans' benefits you or a loved one may be entitled to or about how to file a claim, visit the California Department of Veterans Affairs web site at www.calvet.ca.gov or call 877-741-8532 toll free. You may also contact your local County Veterans Service Office. To find the office nearest you, go to www.cacvso.org. Click on "Contact Us," and then click on your county of residence.

CASSC 2014 Calendar of Events

| Event(s): | Date: |
|------------------------------------|----------------|
| CASSC Regional Meeting or Socials: | None Scheduled |
| CASSC Board Meeting | See Web Site |

Survey: The annual conference for the California Association of Senior Service Centers (CASSC) will be in San Luis Obispo from October 19th - 22nd. We are conducting a **SURVEY** (https://www.surveymonkey.com/s.aspx?sm=UB1jumi_2bAkmDhksla1SN4w_3d_3d)

to determine the type of presentations and speakers you are looking for, and your response would be appreciated. **closes March 15**

Treasurers Report as of 1/28/2014 Balance: \$12,416.43

Membership as of 3/1/2014 Individual: 8, Organization: 9, Total: 30 professionals

California News

Sacramento News



The Assembly on Aging and Long-Term Care Committee is holding informational hearing series “Faces of Aging” are set to explore the convergence of California’s rapidly aging population and its increasing diversity. The ‘Faces of Aging’ series will focus on specific population groups whose care into the future will require a wide range of cultural competencies,” said Assembly member Yamada. “We look forward to examining these important issues in our communities.”

Dates: February 18 – African Americans and Aging; March 4 – Aging as a Women’s Issue; April 1 – Aging and the Latino Community; May 6 – Aging in the API Community; June 10 – Aging and the LGBT Community; July 15 – Aging in the Native American Community; August 5 – Aging, Autism, and Alzheimer’s; September 9 – Role Reversals: When Men Become the Caregivers

Hearing Video will be available to view following the meeting at 4:00 pm at <http://www.calchannel.com/> . For more information about the series, please contact the Aging and Long-Term Care Committee at (916) 319-3990.

Senior Gateway <http://seniors.ca.gov/>

Cal MediConnect

A new program to promote coordinated health care delivery for seniors and people with disabilities who are dually eligible for state Medi-Cal and the federal Medicare program are partnering to launch a three-year project. Integrating all services and financing for dual eligible beneficiaries will promote care coordination and result in improved beneficiary health and lower costs. More information can be found at Cal MediConnect <http://www.calduals.org/>

US Senate Special Commission on Aging

Senate Aging Committee Launches New Anti-Fraud Hotline, Enhanced Website to Assist Seniors. The New Hotline was established to make it easier for senior citizens to report suspected fraud and receive assistance. It will be staffed by a team of committee investigators weekdays from 9 a.m. to 5 p.m. EST. Anyone with information about suspected fraud can call the toll-free fraud hotline at 1-855-303-9470, or contact the committee through its website, located at <http://www.aging.senate.gov/fraud-hotline>.



2014 CASSC Annual Conference

October 19 to 22, 2014

Embassy Suites - San Luis Obispo, CA

CASSC helps provide a voice for our aging population throughout California. The CASSC conference convenes each fall to maximize communication, learning and networking. It is a must for all senior service professionals. Those who attend are equipped with cutting-edge knowledge and become part of a tightly-knit network of colleagues across California. Look for your 2014 CASSC Conference registration form in the summer edition of the Commentary newsletter, and remember to renew your CASSC membership now so that you continue to stay up-to-date on all things CASSC!

Help provide feedback on what you are interested in seeing at the Annual Conference, take our survey by March 15, 2014 cut and past <https://www.surveymonkey.com/s/C2VJCDJ> or [Click here](#).

CASSC Board Vacancy - Secretary and Southern California Representative

Looking for a:

- ♦ Secretary
- ♦ Area Representative - Southern

Please make time to seriously consider these positions and the valuable training experience that holds and provided opportunities for personal as well as professional growth.

If you are interested please contact the CASSC President at Maria Lucchesi mlucchesi@cityofdavis.org



Month to Month News

March is National Nutrition Month

The National Nutrition Month 2014 theme, "Enjoy the Taste of Eating Right," encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices. Registered dietitians play a critical role in helping people eat right, their way, every day. This year is the 40th anniversary of National Nutrition Month <http://www.eatright.org>

April is National Volunteer Week

National Volunteer Week, April 6-13, 2014, is a chance to show your volunteers that you appreciate them. It's also a great way to let the community know about the work that you're doing, and that you value the volunteers who help you. It is a time to celebrate people doing extraordinary things through service. Take the time to say Thank you.



May is National Older Americans Month

Older Americans Month is a perfect opportunity to show our appreciation for the older adults in our communities. Since 1963, communities across the nation have come together to celebrate Older Americans Month—a proud tradition that shows our nation's commitment to recognizing the contributions and achievements of older Americans. This year's celebration encourages older Americans to stay engaged, active and involved in their own lives and in their communities.



Our Mission:

To ensure that all older Californians have access to senior service programs and centers in order to serve their diverse interests and needs.

Newsletter Deadline 2014

| Dead Line | Mail Date |
|------------------|------------------|
| Feb. 1 | March 1 |
| May 1 | June 1 |
| Aug. 1 | Sept. 1 |
| Nov. 1 | Dec. 1 |

To steal ideas from one person is plagiarism; to steal from many is research. — *Steven Wright, Comedian*

Information by and for the Directors of Senior Centers all around California!

2013-2014 Board of Directors & Representatives

Board of Directors

| | | |
|--|------------------------------------|---------------------|
| President, Maria Lucchesi | mlucchesi@cityofdavis.org | Davis, CA |
| Past President, Maureen Gandara-Swinbank | mswinbank@larpd.org | Livermore, CA |
| President Elect/Conference Chair, Doug Dougherty | doug@oasisorcutt.org | Old Town Orcutt, CA |
| Treasurer, Janet Kenneweg | jkenneweg@edhcsd.org | El Dorado Hills, CA |
| Secretary, Janeth Velasquez | jvelasquez@CommunitySeniorServ.com | Anaheim, CA |
| Membership Chair, Vacant | | |
| Newsletter Editor, Robert Martin | rmartin@simivalley.org | Simi Valley, CA |

Representatives

| | | |
|-----------|---------------------|--------------------------|
| Central, | Olga Saucedo-Garcia | ogarcia@cityofmadera.com |
| Northern, | Laurie Webb | elders@volcano.net |
| Southern, | Vacant | |

Website: http://cassc.org/about_us