



Resisting Change

By Helen Dennis



Before we rush to judge, let's consider reasons why some older adults may be resistant to change and appear to take the path of least resistance.

Have you ever wondered why someone you care about deeply doesn't do what you think is best for them? It may appear to you that they are stubborn. They may resist walking, socializing, getting a home companion or moving when it is clear that their home has too many levels to safely navigate.

Before we rush to judge, let's consider reasons why some older adults may be resistant to change and appear to take the path of least resistance.

- **Possible medical problems.** Rule out medical issues by having a thorough exam by a physician.
- **Lack of strength.** We know that part of the normal aging process is losing muscle mass – which is accelerated without exercise. With less muscle we lose strength and can easily avoid doing things that take too much effort. Strength-building exercise is a remedy.
- **Longer time to recover from an injury.** With age, it takes longer to recover from illnesses and injuries. Unfortunately, there are few shortcuts, except to stay as active as possible as long as it is safe and approved by a health-care professional.

- **Fear of falling.** Once older adults fall, they may be fearful of falling again. The Center for Disease Control reports that 35 per cent of those 65 and older fall each year. In 2010, the CDC estimates that the adjusted cost of falls was over \$28 billion. Fear of falling can easily lead to less physical activity. That reduced fitness can bring about the very thing older adults fear -- falling.

see *Change* on page 6

Contents

Insider	2
Ask H.E.L.P.....	3
H.E.L.P. Developments	4
It's the Law	5
Celebrate Summer	7
Updated Tools and Guides.....	8
Life Planning Classes	9
Call Box	10
Remembrances	11

H.E.L.P. Celebrates Success

by Britt Huff, Ph.D.

This time of year is always exciting at H.E.L.P. We just enjoyed a very successful and fun event, our annual Celebrate Summer fundraiser, on June 22 at Trump Golf Club. Please see the article and photos on pages 7 and 9 in this issue. We extend a special thank you to our generous sponsors, auction and floral donors, and all of our wonderful supporters who turned out for this festive gala, "A Royal Affaire."

Our live auction items were a big hit and we are grateful to those who donated so generously this year: Richard and Melanie Lundquist of Continental Development Corp., provided a weekend at their InterContinental Hotel in San Francisco; Terri Haack, Managing Director of Terranea Resort, contributed a beautiful ocean view room and golf; Hillary and Bob Watts gave two separate weeks at their Palm Desert home; Lou Atha Marriott again contributed a week at her cottage in Ireland, and Sharon Ryan provided the airfare; and Trump Golf Club contributed a round of golf, as well as their usual wonderful service for the evening.

This evening was only made possible by the hard work of all of our committed volunteers. It has been so rewarding to see the growth of our volunteer base over this past year as members of our community have rallied in support of the mission and programs of H.E.L.P. We also continue to appreciate the availability of our new Professional Advisory Board, and on page 4 we

introduce the latest members to join this group of supporters.

We hope you will enjoy the information and articles in this issue of our "H.E.L.P. is Here" magazine. Our former Board Chair, Helen Dennis, has contributed another insightful lead article on Resisting Change. Helen was one of the gala honorees this year, receiving H.E.L.P.'s Legacy Award, given to an individual who has been instrumental in the growth of H.E.L.P. and has personally taken on H.E.L.P.'s mission. We are all so grateful for her continuing support.

We also appreciate all of you who make it possible, through your donations, for us to help older adults preserve and protect their dignity; the dignity that comes from being respected and in charge of one's own life and finances. That dignity is eroded each time someone acts as if you or your goals don't matter – or takes advantage of you. These older adults and their families need our assistance, information and counseling to cope with age-related issues, including their caregiving responsibilities, figuring out wills and trusts, and protecting themselves from identity theft. We hope you will use the enclosed envelope to give generously to our mission. Thank you for your support.

Britt Huff is Executive Director of H.E.L.P.



H.E.L.P. (Healthcare and Elder Law Programs Corporation) is dedicated to empowering older adults and their families by providing impartial information, education and counseling on elder care, law, finances and consumer protection so they may lead lives with security and dignity.

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H.E.L.P. Is Here gives general information, not specific advice, on individual matters. This issue is based on law in effect in California on January 1, 2012. H.E.L.P. provides referrals to help older adults obtain care, social and other services. H.E.L.P. does not refer any person to any private attorney or private law office; all legal service referrals are to legal aid and similar free legal service organizations, or to attorney referral services operated by bar associations or similar organizations. H.E.L.P. does not request or accept referral or similar fees or compensation from any person or organization. To request a copy of H.E.L.P. Is Here, change your mailing address or be removed from the mailing list, call us at 310-533-1996 or e-mail us at magazine@help4srs.org.

Using a Cane

By Helen Dennis

Question: *I recently had back surgery. Before my back problems I was active and physically fit. Although I am grateful I can walk, I am unhappy using a cane. It makes me feel old and I wonder if others now see me as "old". How do I get over this?*

Answer: "A cane makes me feel old." Some of us have heard this before. Yet we know using a cane can be a life line.

Kathy Gantner, a physical therapist with Torrance Memorial Medical Center agrees. She strongly urges her patients to continue using a cane to walk distances, to keep pain at a minimum or to walk without limping. She adds, "People look younger walking with a cane than walking without one. Without some assistive device, they may walk bent over, drag their feet or walk more slowly." The

Gantner reminds us that a cane serves an important function; often it is a temporary one.

latter could be a serious problem particularly in a cross street with a stop light. "You might not get across in time," she added. And if one is hardly moving, "the

balance system is not provoked and that's important to stay healthy."

Among older adults, there is always the concern about maintaining balance. We know that over 90 per cent of hip fractures are caused by falling. These serious injuries

often result in long-term impairment in functioning, nursing home admissions and even death, according to the Center for Disease Control.

Gantner reminds us that a cane serves an important function; often it is a temporary one.

That takes us to the subject of feeling "old," often defined by the number of years we have lived. My favorite definition is a quote by the statesman Bernard Baruch. "To me, old age is always fifteen years older than I am."

What people can and cannot do often conveys youth or "old age." A cane is associated with not being able to walk without some support. For some, that may conjure memories of grandparents looking older in their 70's with gray hair, poor posture, unstable gait and living life on the periphery. In general, that image does not match the realities of 2012.

The challenge is to have a strong enough sense of self that overrides public perceptions and defy memories that don't apply to today's world. That's what aging is about in this decade - redefining what it means to get older.

(Note: Canes now come in fashionable colors and designs. We may see them as fashionable accessories to compliment a wardrobe.)



*We thank
Alcoa Fastening
Systems
for funding this issue.*

*Medicare Open Enrollment Dates for 2013
starts October 15th, 2012
ends December 7th, 2012*

New Professional Advisory Board Members

H.E.L.P. is pleased to introduce two new members of our Professional Advisory Board. Scott J. Donnelly, CPA, MBT joins the Board as a financial advisor. He is a founding partner in the CPA firm, Piazza, Donnelly & Marlette. He specializes in complex tax compliance and consultation including estate planning and multi-generation family businesses. Scott has a B. A. in accounting and a

Masters of Taxation degree. PDM is a full service CPA firm with 7 partners and over 25 employees located at offices in Torrance and San Pedro. Their firm specializes in estate planning, tax compliance and consultation, and financial statement auditing services. Scott volunteers and actively participates in many local charities. He is currently treasurer of the San Pedro Rotary Club.



Nancy Scott joins the Board as a community service advisor. She co-chaired the silent and live auctions for H.E.L.P.'s recent very successful fundraiser. For the past eight years Nancy has co-chaired the silent auction for the Peninsula Education Foundations's major fundraiser, the Main Event. Prior to that, she served as volunteer coordinator for that event for two years. She recently received the PEF's Sam Goldberg Award,

one of its highest honors. As the parent of two sons with her husband, Tim, Nancy has also held numerous positions with the PTA at each school level. She served as the Peninsula High School Visual Arts Booster Club president and treasurer and currently holds the position of treasurer for the Peninsula High School Pool Campaign. Nancy also works as a part time bookkeeper at a small firm in Rolling Hills Estates.

Shop at Ralphs Markets and earn money for H.E.L.P. in 2013!

Reminder for Ralphs Market shoppers who are earning money for H.E.L.P.!

H.E.L.P. is extremely grateful to all of the participants enrolled in the Ralphs Community Contribution Program and wish to thank you for your participation. H.E.L.P. has received over \$800.00 to date from the Program and the list of participants continues to grow thanks to your outstanding efforts.



Your enrollment in the program, however, ends on 8/31/2012.

To continue in the program you must re-register for the 2012/2013 year on or after 9/1/2012.

To re-register in this program or to enroll, if you are not a participant, but are a registered rewards member of Ralphs Reward Program, please follow these simple steps:

1. Log in to ralphs.com
2. Click "Sign In"
3. Enter your email address and password
4. Click on the "Services" box, then click "Edit Community Contribution",
5. Then, (1) Enter H.E.L.P.'s 5-digit NPO number 92018, (2) select H.E.L.P., and (3) click on "Save Changes".
- 6 Go shopping!

Or:

You may contact H.E.L.P. for a copy of a Ralphs scanbar letter to be presented to the checker with your next purchase on or after 9/1/2012. The scanbar letter will automatically re-register you when scanned.

Not a Ralphs Reward Club cardholder? Visit the customer service desk at any Ralphs market for the quick and easy application. As soon as you receive your card, register online and follow the instructions above to name H.E.L.P. as your charity of choice. The current Community Contribution Program will run only through 8/31/12. **Be sure to re-register!**

Patients fill out the Physician Orders for Life Sustaining Treatment (POLST) form to formally indicate their preferences for end-of-life care such as resuscitative measures and other life-sustaining treatment. Those preferences must then be followed if patients become incapacitated and can't direct their own care. The POLST form has been adopted by 14 states and is under review by 26 others. California adopted laws guiding the use of the POLST form in 2009.

The POLST form complements the Power of Attorney for Health Care (PAHC), which enables an individual to designate a health care spokesperson or agent in case of incapacity. It also complements, but does not replace, an Advanced Health Care Directive, which expresses end-of-life care decisions.

The POLST form converts a patient's wishes regarding resuscitation into formal medical orders. The three specific orders for life-sustaining treatment choices are for cardiopulmonary resuscitation, medical interventions for comfort and pain relief, and limitations on tube feeding when eating is no longer feasible or desired. PAHC agents, physicians, emergency responders and care providers are required to follow POLST orders.

To be valid, the POLST must be completed after a health care provider and patient or PAHC agent have conferred about anticipated treatment options should issues of life support arise. It also must be signed by the treating physician and the patient or PAHC agent.

Preparation of a POLST form is completely voluntary, both in terms of being offered by a physician or signed by a patient or PAHC agent. However, even if they refuse to offer individual patients the POLST option, physicians and other health care providers are required to respect a properly signed and endorsed POLST as an existing treatment order.

Each patient's POLST must be periodically

reviewed by the current health care provider. Should the patient be transferred to another facility, should the patient's health status significantly improve or deteriorate, or should the patient's treatment preferences change, the form must be amended, and it may be voided at any time.

Problems that have surfaced with the POLST form include:

- The form is being used to replace the Advance Health Care Directive.
- The form is not being used primarily for elderly, frail or terminally ill persons, but rather being provided to all patients.
- Manipulative or deceptive information is being provided to patients.
- Non-health care providers are explaining and assisting with the form – contrary to statute.
- Third parties are overriding patients' previously expressed wishes.
- Forms sometimes lack the signature of the patient or PAHC agent or the signature of the physician.
- The patient's capacity is being ignored.

Although California has no plans for revisions to the current law, many states are looking at revising their POLST laws to avoid these problems.

While the POLST form is a positive development in long-term care planning, it must be approached with great care. Accurate information and education about the form and its proper use will ensure its benefits in the process of end-of-life planning and preparation.

For more information on the protections provided and procedures involved in obtaining a POLST, visit the **Coalition for Compassionate Care of California** website at coalitionccc.org.

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Change:

- **Learned helplessness.** This concept was developed by psychologist Martin Seligman at the University of Pennsylvania. Older adults who no longer feel they have responsibilities may become conditioned to be more dependent than necessary. One may ask, “What has been taken away from them while they still have the capacity to perform?”

Harness your resources and be bold yet sensitive. Although one doesn't want to be intrusive, it is important to care. You can always apologize later.

- **Decreased self-reliance.** One of the more feared aspects of aging is becoming dependent on others. Giving up driving often is one of the first significant indicators that aging may require an increased dependence on services. There is no question, this requires an

individual to adjust while exploring other forms of transportation.

- **Depression.** One of the causes of depression identified by the National Institute on Aging is feeling a loss of control over your life. Feeling that lack of control can occur with physical limitations and with limited or no responsibilities. Without help, depression can last for weeks, months or even years.
- **Costs of relocating to a residence.** The costs can be high and unaffordable for many. MetLife's Mature Market Institute recently published a study indicating that the 2011 national average yearly cost for assisted living was \$41,724. In California, the average yearly cost was almost identical. Nationally, private nursing home rates were \$239 daily or \$87,235 annually according to the MetLife study. In California, the average cost of a private room in a nursing home was \$91,250 a year according to a study by Genworth; a semi-private room was \$77,745 a year. Home-health aides and homemaker-companion service rates were \$21 and

\$19 per hour respectively.

- **Taking risks seems too difficult.** Holding on to what you have and what you know is reassuring. Perhaps one reason is that there may be little time to recover from a bad decision – whether related to finances, housing, getting a new housekeeper or even taking a walk.

If you are dealing with the “I’m not going to change” mentality, here are some possible action steps:

- Consult with a geriatric case manager for an assessment of the older adult and his or her environment.
- With permission, consult with the individual's physician.
- And finally, have a conversation. Ask, “What’s going on? I care about you and know something’s not right.” Your friend or relative may be waiting to have such a chat.

Harness your resources and be bold yet sensitive. Although one doesn't want to be intrusive, it is important to care. You can always apologize later.

Helen Dennis is a former H.E.L.P. Board Chair and is a specialist in aging, with academic, corporate and nonprofit experience.

H.E.L.P.'s "A Royal Affaire" Fundraiser is a Big Success



Royal Sponsor, Ralph Scriba, center, with, from left, Frank Schaffer, Sapphire Sponsor and 2011 honoree; Dr. Britt Huff, Sibylle Grebe, former H.E.L.P. Board Chair, and Marilyn Schaffer.



Gala chair, Sharon Ryan, far left, and Dr. Britt Huff, far right, flank HELP Honorees Jacky Glass (left), Barbara Roberts (Executive Director of Providence TrinityCare Hospice Foundation), and Helen Dennis.



From Left: Royal Guard Tom Cochrane, Gala Chair Sharon Ryan, Nancy & Michael Rouse (Toyota Diamond Sponsors), Dr. Britt Huff (Executive Director), Royal Guard Eric Scott.

H.E.L.P.'s 2012 annual fundraiser, Celebrate Summer, held on June 22 at Trump Golf Club in Rancho Palos Verdes, was a great success. The theme was "A Royal Affaire," in honor of the Queen's 60th anniversary and the summer Olympics in London. Honorees for the evening were Jacqueline Glass, awarded the H.E.L.P. Inspiration award; Helen Dennis, recipient of the H.E.L.P. Legacy Award; and Providence TrinityCare Hospice Foundation, awarded the H.E.L.P. Vanguard Award.

H.E.L.P. Executive Director, Dr. Britt Huff, and gala event chair, Sharon Ryan, greeted guests at the Trump ballroom entry, flanked by "Royal Guards," Eric Scott and Tom Cochrane, sons of auction chairs, Nancy Scott and Linda Cochrane. The evening consisted of a reception and silent auction on the Trump veranda overlooking the ocean, followed by dinner, live auction, award presentation, dancing and entertainment. Steve Napolitano, Deputy to L.A. County Supervisor Don Knabe, was the award ceremony Emcee and Mark Mariscal, Superintendent, L.A. City Parks and Recreation, was the volunteer auctioneer. Teddy Johnson provided music and entertainment.

H.E.L.P. is greatly indebted to our wonderful sponsors for their continued support of our mission and programs. The Ralph Scriba Family Fund kicked off H.E.L.P.'s sponsorship drive for Celebrate Summer with a \$50,000 Royal Donor sponsorship, which was a great inspiration to others in the community to join in support of our event. Toyota Motor Sales was again a Diamond Sponsor at the \$25,000 level, and has been a faithful supporter of H.E.L.P. over the years.

Thanks also to our other sponsors who are listed on our Sponsor Board on page 9. H.E.L.P. is also grateful to its many wonderful volunteers who worked hard to make the evening a great success. Gala committee members included Nancy Scott and Linda Cochrane, who chaired the auction for the event.

see Fundraiser on page9

Updated Tools and Guides



Conservatorship Basics



What happens to someone who doesn't have a power of attorney for health care (PAHC) or durable power of attorney for financial matters (DPAFM), but who can no longer adequately take care of his or her personal care or finances? Depending on the person's needs and assets, a conservatorship may need to be established.

In a conservatorship, a judge appoints a person or organization to take care of another person's personal needs or financial matters, or both. The person the judge appoints to take care of the other person's affairs is called the **conservator**; the person who needs help is called the **conservatee**.

Several types of conservatorships exist. This Fact Sheet focuses on two: (1) conservatorships of the person and (2) conservatorships of the estate.

Conservatorship of the Person
In a conservatorship of the person, a judge appoints a conservator for someone who cannot sufficiently provide for his or her personal needs for physical health, food, clothing or shelter. The judge has discretion to limit the powers given to the conservator as appropriate for a particular conservatee. A conservator does not lose the right to marry, vote, to consent to medical treatment, or to make a will, unless the judge decides otherwise.

Conservatorship of the Estate
In a conservatorship of the estate, a judge appoints someone to manage another person's financial matters. California law permits a judge to appoint a conservator of the estate for someone who is "substantially unable to manage his or her financial resources or resist fraud or undue influence." Included incidents of negligence or imprudence are not enough to prove substantial inability. For example, if someone occasionally misses a check,

that doesn't mean that the person is unable to manage his or her finances. If the person is continuously bouncing checks and bills are not being paid, however, a judge may find that the person is substantially unable to manage his or her financial resources. When a conservatorship of the estate is established, that means that a judge has determined that the conservatee does not have the legal capacity to enter into transactions related to the conservatee's financial situation, such as making a contract, incurring a debt, or making a gift. The conservator keeps some rights, including the right to enter into transactions to provide for the necessities of life and the right to make a will. Depending on the conservatee's status, the court may broaden or restrict the conservator's power to enter into transactions. If a person needs help with both personal needs and financial matters, a court may appoint a conservator of both the person and estate.

Establishing a Conservatorship
Establishing a conservatorship requires a court proceeding following people may petition a judge to appoint a conservator; person who needs help (proposed conservatee) or domestic partner, (3) relative of the proposed conservatee, (4) any state or local entity or (5) other interested person. The conservator can be individual, such as a family member, friend or private professional conservator. In California, certain nonprofit charitable organizations can be conservators. There are trusts conservators that act as conservators of the person only (only of the person people who do not have friends or family available as a conservator, the may appoint a county called the Public Guardian.

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Residential Care Referral Services



H.E.L.P. provides this listing as a public service. Listing does not imply endorsement of any organization or person. We do not in any way warrant the services any listing organization or person may provide. Checking the references and verifying information on your own is the responsibility of the consumer.

California Statutory Will – Probate Code Section 6240

1. **READ THE WILL.** Read the whole Will first. If you do not understand something, ask a lawyer to explain it to you.
2. **FILL IN THE BLANKS.** Fill in the blanks. Follow the instructions in the form carefully. Do not add any words to the Will (except for filling in blanks) or cross out any words.
3. **DATE AND SIGN THE WILL AND HAVE TWO WITNESSES SIGN IT.** Date and sign the Will and have two witnesses sign it. You and the witnesses should read and follow the Notice to Witnesses found at the end of this Will.

*You do not need to have this document notarized. Notarization will not fulfill the witness requirement.

CALIFORNIA STATUTORY WILL OF

Print Your Full Name

1. **Will.** This is my Will. I revoke all prior Wills and codicils.
2. **Specific Gift of Personal Residence.** (Optional—use only if you want to give your personal residence to a different person or persons than you give the balance of your assets to under paragraph 5 below.) I give my interest in my principal personal residence at the time of my death (subject to mortgages and liens) as follows:
(Select one choice only and sign in the box after your choice.)
a. **Choice One:** All to my spouse or domestic partner, registered with the California Secretary of State, if my spouse or domestic partner, registered with the California Secretary of State, survives me; otherwise to my descendants (my children and the descendants of my children) who survive me.
b. **Choice Two:** Nothing to my spouse or domestic partner, registered with the California Secretary of State, if my spouse or domestic partner, registered with the California Secretary of State, survives me; otherwise to my children and the descendants of my children) who survive me.
c. **Choice Three:** All to the following person if he or she survives me (insert the name of the person):

d. **Choice Four:** Equally among the following persons who survive me (insert the names of two or more persons):

Referral Services

Referral services of the following services:
at facilities (e.g. retirement home, continuing care retirement living, board and care home, skilled nursing facility) in the geographic area of the client, based on the medical and psychosocial needs of the senior; based on the price range desired and needed; determine the needs of the client, and monitor and servicing.

at the care facilities in their area, and some will visit facilities with the client.

Referral Services

of referral services that serve the South Bay. Each listed service that they refer to, in different ways. Be sure to ask how it

Serving H.E.L.P.'s South Bay Service Area

California Only	Connections Referral Service southern@connections.com 800-330-5593 Southern California Only
California Only	Elderlink elderlink.org 800-433-5772 All of California
California Only	Heartlight heartlightonline.com 310-554-2223 Los Angeles and San Fern
California Only	Southern California Senior Resources scsresources.com 866-697-3646 Southern California Only
California Only	VIVA! 800-934-8482 Los Angeles Only

elder adults and their families by providing impartial information, education and consumer protection so they may lead lives with security and dignity.
H.E.L.P. is a 501(c)(3) nonprofit organization. For more information, visit www.help4srs.org or call 310-533-1996.

In-Home Supportive Services



The In-Home Supportive Services (IHSS) program provides help to individuals who are unable to remain safely at home without assistance. The IHSS program pays for a wide variety of services, including housecleaning, shopping, meal preparation, laundry, personal care and paramedical services.

Who is Eligible for IHSS?

IHSS pays for services to individuals who live at home, or who are institutionalized, but wish to live at home. This fact sheet focuses on individuals or couples who meet the following eligibility rules for the Supplemental Security Income/State Supplementary Payment (SSI/SSP):
• Condition: disabled, or blind, or 65 or older, and
• Countable (excludes home, etc.) Asset Limits: Single, \$2,000; Married, \$3,000.
Note: There are other ways to qualify for IHSS, and special rules apply for non-citizens.

What Amounts Will IHSS Pay?
If an individual or a couple meets both the Condition and Countable Asset rules (above), monthly income (not all income is counted) is compared to the SSI/SSP payment level. The 2011 SSI/SSP payment level is \$845 for individuals and \$1,407 for couples (the level differs for blind persons, minors, or where only one spouse is eligible and in certain other cases). (Effective January 1, 2011)
• If monthly income is at or below the SSI/SSP payment level, IHSS will pay the full cost of services, or
• If monthly income is above the SSI/SSP payment level, services will be paid for the individual or couple must pay a "share of cost" (equal to the individual's or couple's monthly income minus the applicable SSI/SSP payment level).

What About Repayment?

Based on current State law, claims for repayment by a recipient's estate, after the recipient's death, cannot include payments made for personal care services provided under the In-Home Supportive Services Program.

Who Provides the In-Home Services?
In Los Angeles County, the services are provided by service providers chosen directly by the service recipients. A service recipient arranges directly with the service provider. Service providers may include family members, with special rules applying to spouses. The County maintains a list of service providers and can provide their names and telephone numbers.

How to Apply.
In Los Angeles County, call the IHSS office at (888) 944-4477 or (213) 744-4477. Keep track of the dates and names of persons spoken to, and keep a copy of the application and other paperwork. A social worker will visit the applicant(s) to determine what types of services are needed and how many hours of service will be allowed.

H.E.L.P. is dedicated to empowering older adults and their families by providing impartial information, education and consumer protection so they may lead lives with security and dignity.
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Do you need H.E.L.P. to find out more about wills and trusts, powers of attorney, conservatorship basics or in-home supportive services? H.E.L.P. has updated its tools, forms and guides according to 2012 changes and can give you this information and much more. You can find many of these tools, forms and guides by checking our website at help4srs.org or calling our office at 310-533-1996.

Life Planning Classes

Concerned about choice options for seniors and their families? Our popular classes cover powers of attorney for healthcare and financial matters, wills and living trusts, probate and avoiding it, consumer protection and long-term care. For reservations to any of our classes, call **310-533-1996**.



Katy Geissert Civic Center Library

Tuesdays, 10:30 a.m. to 12:30 p.m.
Community Meeting Room
3301 Torrance Blvd., Torrance, CA 90501
Call 310 533-1996 for reservations

August

August 28th: Staying in Charge of Your Healthcare and Finances

September

September 11th: Wills, Trusts and Probate

September 18th: Elder Care and Residential Choices

October

October 16th: Financial Planning for Long-Term Care.

October 23rd: Medi-Cal for Nursing Home Care

October 30th: Safe at Home - Fall Prevention

The length of each class is approximately 1-1/2 hours, and the format consists of one speaker who uses a power point screen, and is available to answer questions as the class progresses. Because H.E.L.P. is a nonprofit organization, we tell all class attendees that although our classes are free, we do appreciate their voluntary donations of \$10. To collect contributions, we usually place a jar on the table where class attendees sign in and pick up class materials.

Fundraiser (from page 7)

Sally Moton and Mardy Maehara chaired the Royal Chances, a new fundraising opportunity this year. Other committee members were Joyce Kochanowski, Elaine Miller, Laura Kauls, Kay Yamada, Dale Harbour-Day, Grace Wallace, Samantha Martinez, Ardis Shubin and Elizabeth Hoang, and Kathleen Davis. The Torrance Women's Club was also a great support for the event. Coordinated by Kathleen Davis, other TWC volunteers were Fran Day, Beth O'Gorman, Deanna Hanson, Jeannine Glomboske, Barbara Freeman, and Irma Chiota.

A special thank you goes to Linda Moriwaki and our special volunteers who wrapped all of the silent auction baskets.

Thanks To Our Sponsors

Royal Sponsors

Ralph Scriba Family Fund

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"Royal Guards" Eric Scott and Tom Cochrane greet gala committee members, from left, Sally Moton, Nancy Scott, Sharon Ryan, Britt Huff, Linda Cochrane, Joyce Kochanowski, and Mardy Maehara.



Torrance Women's Club volunteers, from left, Beth O'Gorman, Fran Day, Deanna Hanson, and Kathleen Davis (with Britt Huff) helped make A Royal Affaire a big success.

The Call Box

*H.E.L.P. provides information and referrals on valuable community services addressing elder care, law, finances and consumer protection. Listed below are some of those agencies you might find useful. Of course, we are always available to help if you have a problem or need information. You can call H.E.L.P. at **310-533-1996** or e-mail us through our website: help4srs.org.*

Elder Care	Phone Numbers	Web Addresses
L.A. County Consumer Affairs (Consumer protection/complaints)	800-593-8222	dca.lacounty.gov
Adult Protective Services (Elder abuse)	877-477-3646	css.lacounty.gov/aps
Alzheimer's Association, Southland Chapter	800-272-3900	alz.org/californiasouthland
Area Agency on Aging (Information and assistance)	800-510-2020	aging.ca.gov
Center for Health Care Rights/HICAP (Medicare and Insurance Counseling)	800-824-0780	cahealthadvocates.org/hicap
Home Ownership Preservation Foundation (Foreclosure assistance)	888-995-4673	995hope.org
In-Home Supportive Services	888-944-4477	ladpss.org/dpss/ihss
Long Term Care Ombudsman (Mediation for those living in licensed facilities in L.A. County)	800-334-9473	wiseandhealthyaging.org
Social Security	800-772-1213	ssa.gov
California Association for Adult Day Services (Adult day care answers)	916-552-7400	caads.org
Los Angeles Caregiver Resource Center (For caregivers of adults with brain impairment)	800-540-4442	lacrc.usc.edu
National Hospice and Palliative Care Organization (Empowering people to make end-of-life choices)	800-658-8898	nhpco.org
Legal		
Bet Tzedek Legal Services (Provides free legal services for low income seniors in LA County)	323-939-0506	bettzedek.org
California Advocates for Nursing Home Reform (Advocacy and lawyer referral)	800-474-1116	canhr.org
Health Consumer Alliance (LA County)	800-896-3202	healthconsumer.org
South Bay Resources		
Beach Cities Health District (Provides support services)	310-374-3426	bchd.org
Focal Point on Aging (Information and referral service)	310-320-1300	torranceca.gov/parks/6649/htm
Redondo Beach Senior and Family Services (Programs to promote health)	310-318-0650	redondo.org
South Bay Senior Services (Health-related and case management services)	310-325-2141	bhs-inc.org

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In Honor Of

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(Ms. Debra Groh)
Ms. Tilly Braren
(Mr. & Mrs. John P. Kolin)

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In Memory Of

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(Mr. & Mrs. Carter Bailey)
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***Do you have someone you wish to honor or remember, or something you want to celebrate?
Please include the information with your donation to be listed in H.E.L.P. Is Here.
For any questions on how to do this, please call 310-533-1996.***

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Please use the enclosed envelope to donate to one of our vital programs and services. All of our services remain free or low cost. They include free community classes about powers of attorney for healthcare and financial matters, elder care options and financial planning tools; one-on-one telephone assistance, walk-in and e-mail information and referrals from our community services staff; website forms,

information, and assistance at www.help4srs.org; private consultations addressing proper care-planning and estate administration; and professionally-developed publications on elder care issues. With your help we will continue to provide crucial programs and educational services to older adults and their families to help them make better life choices.