

SEPTEMBER 2003  
VOL. 7, NO. 9

**This Issue:**

- ◆ News from DHS:
  - ◆ Physical Activity
  - ◆ Int'l Walk to School Day
- ◆ Celebrate Wellness IV
- ◆ Free Mental Health Screenings
- ◆ Thank You Kristin Pintarich!

**Please Call  
503-640-3489 and  
ask for  
Resource  
and Referral**

*The Advisory* is published on behalf of the Disability, Aging and Veteran Services Advisory Councils:  
133 SE 2nd Ave.,  
Hillsboro, OR 97123  
503-640-3489  
TTY: 7-1-1  
Web site: <http://www.co.washington.or.us/aging/>



# The Advisory

## Governor to Speak at First Summit on Elder Abuse

Washington County's legislative delegation, a number of Metro area elected officials, and leaders in the field of elder abuse prevention and protective services will come together in King City on October 15th for the first Washington County Elder Abuse Summit. The featured speaker will be Governor Ted Kulongoski, who will speak on "Protecting the Greatest Generation, Challenges for Oregon's Leadership." State Attorney General Hardy Myers will also address the group.

"We have an obligation to give legislators an idea of the impact of elder abuse in Oregon commu-

nities," said Grady Tarbutton, Senior Program Coordinator for Washington County's Disability, Aging and Veteran Services. "In the last five years we have cooperated with law enforcement officers, who know how to spot signs of abuse, and the District Attorney, who has been very pro-active in enforcement," he said. Tarbutton noted the value of this collaboration, "Five years ago there were just a few elder abuse prosecutions, last year there were 65. We have a wonderful cooperative relationship shared by the law enforcement agencies, district attorney's office, adult

(Summit: Continued on Page 3...)

## Flu Season Is Arriving Soon *Recommendations on Influenza Vaccinations*

Anticipating ample and early supplies of influenza vaccine, the Center for Disease Control and Prevention (CDC) recommends vaccination of all individuals, high risk and healthy persons, when vaccine becomes available.

### **According to the Oregon DHS Immunization Program:**

- ◆ October and November are the optimum months to immunize against influenza, with continued immunizations through January recommended.
- ◆ Influenza typically peaks in Oregon in late January through early March.
- ◆ Waning immunity is well documented in the elderly and individuals with certain high risk conditions—vaccination for these groups is recommended in October. ◆◆◆



## ADVISORY COUNCIL

**Officers**

## CHAIR

Betty Pomeroy

## ASSISTANT CHAIR

Gail Miller

## SECRETARY

Marlene Rogers

## CHAIR EMERITUS

Ross Mathews

**Committees**

Healthy Aging

Housing

Mental Health

Public Education /  
Advocacy

Transportation

Veterans

**Next Council Meeting:**Thursday,  
Sept. 25, 2003

9:30 AM – 1:30 PM

*DAVS**Hillsboro**Large**Conference**Room*133 SE 2nd Ave  
Hillsboro, ORAll meetings are  
open to the  
public and  
everyone is  
welcome.Assisted Listen-  
ing Devices are  
available. ♦♦♦**News from the  
Department of  
Human Services:***Physical Activity*

In an effort to combat the growing girth of Oregonians, state and local officials have recently created the Oregon Coalition for Promotion of Physical Activity. If you are interested in more information contact Pamela Ruona at (503) 945-6412 or [pam.ruona@state.or.us](mailto:pam.ruona@state.or.us).

According to an article from OregonLive.com (September 1, 2003, "Walking the Portland Way," by Randy Gragg), researchers are finding links between mental well-being and the ability to walk—particularly among the elderly. Oregon Health & Science University released a study last week on what keeps seniors active and walking in their neighborhoods. Sidewalks, access to parks and neighborhood shopping, proximity to bus service and MAX, and easy access to libraries and community centers all ranked as incentives to walking among the 60 study participants between the ages 56 to 84.

*International Walk to  
School Day***Wed., October 8, 2003**

International Walk to School Day gives children, parents, school teachers and community members an opportunity to be part of a global event as they celebrate the many benefits of walking. Last year nearly 3 million walkers from 21

countries walked to school together for various reasons—all hoping to create communities that are safe places to walk. It's a great opportunity to participate in a healthy community event and to get some physical activity!

**For more information** see the Oregon Walk to School website at: [www.walktoschooloregon.org](http://www.walktoschooloregon.org) or call the Oregon Department of Human Services- Health Services at: **503-731-4273**.

**Whereas:**

The safety of elderly is the concern of all Oregon's citizens;

The most vulnerable elderly are the least able to seek protection and report crime;

Over 10,000 incidents of abuse and neglect are reported in Oregon each year, yet account for only twenty percent of all incidents.

Oregon leads the nation in addressing the abuse and neglect of its elder citizens through innovative legislation, collaboration and partnerships.

We come together each year to rededicate ourselves to keeping elder citizens safe from abuse, neglect and exploitation;

Now, therefore, I, Ted Kulongoski, Governor of the State of Oregon, Proclaim **October 15, 2003** to be

**Elder Abuse Awareness Day**

In Oregon and encourage all citizens to join in this observance.

(Abridged version.)

(Summit: Continued from Page 1...)

protective services, and community leaders," Tarbutton reported.

According to Joyce DeMonnin, director of the Sheriff's Office Elder Safe Program, "The legislature passed three elder abuse bills this term. This is clearly an area where there is bipartisan support. We want to present to the legislators some concepts that might be the subject of future, bipartisan legislation."

During the event, October 15th will be proclaimed "Elder Abuse Awareness Day" for 2003 by Gov. Kulongowski. Former Assistant District Attorney and now Circuit Court Judge Rick Knapp will discuss the development of elder abuse laws in Oregon. The afternoon will feature the Quarterly meeting of the Attorney General's Elder Abuse Task Force. ♦♦♦

## Thanks to Kristin Pintarich

For the last several years *The Advisory* has been carefully typeset, often written, and always designed by Kristin Pintarich, a good friend of DAVS. Due to budget changes, we will be changing the format of *The Advisory* and we'll lose Kristin's dedicated service and talent. We appreciate everything she has done to help keep our readers abreast of important issues affecting seniors and veterans. Kristin is self-employed, doing web design, writing and photography. You can contact her through her web site, [www.aracnet.com/~kps](http://www.aracnet.com/~kps). ♦♦♦

## Celebrate Wellness IV

*A Statewide Conference Promoting the Health And Wellness of Oregonians with Disabilities*

**Thurs-Fri, October 16-17**

Sheraton Portland Airport Hotel  
8235 NE Airport Way, Portland

### Keynote speakers include:

♦ Roberto Dansie, Clinical Psychologist, ♦ Natalie Arndt, LAC, RN, ♦ Chris Meletis, ND, ♦ Meg Hayes, MD, ♦ Alito Alessi, ♦ John Mahan, ♦ Ian Jaquis, ♦ Debbie Timmins, and ♦ Robin Rose, Counseling Psychologist

### Workshop and Speaker Topics Include:

Living Well with Arthritis, Peer Mentoring, Introduction to Dance, Ability-Mixed Abilities Creative Movement, Are You Feeling Stuck? A Motivational Enhancement Approach, The Power of Your Video Can Organize Your Community, Working Hard and Playing Hard for Good Health, Fitness for Everyone, Gentle Hatha Yoga, Diagnosis and Treatment-Three Perspectives: Naturopathic, Oriental, and Western Medicine, and many more

To register and acquire more information, contact: Angela Weaver at (503) 949-1205, (800) 452-3653 or [weaverro@ohsu.edu](mailto:weaverro@ohsu.edu). ♦♦♦

## Free Mental Health Screening

Depression, anxiety and other emotional ailments often affect older adults, at a greater rate than the general population. In an effort to help the diagnose onset of a mental or behavioral disorder, experienced clinicians with Tuality Health-care Center for Geriatric Psychiatry conduct **free screening for adults 55 and older** who are finding it difficult to function in daily life due to emotional or behavioral problems. Screenings are available by appointment at Tuality Forest Grove Hospital.

**For more information, or to schedule an appointment, call 503-359-6969.** ♦♦♦



## *Creating Options to Maintain the Quality of Life*

### **03-05 DHS Budget Adopted**

The adopted Department of Human Services budget is a reduction of funding levels approved for the 2001-2003 biennium. While it restores some of the most critical service cuts, many services will remain unfunded.

#### **Key points:**

**Oregon Health Plan.** OHP "Standard" population benefit package funded, some cuts, but prescription drugs benefit continues.

**Seniors and people with disabilities.** Restores Medicaid services for people in service levels 12 and 13, about 1,200 clients in all. Services cut earlier this year for more than 3,600 people in levels 14 through 17 were not restored.

**Medically Needy.** Subject to federal approval, the budget provides coverage of pre-

scription drugs for seniors and people with disabilities with incomes up to 133 percent of the federal poverty level, but with cost-sharing by program participants.

This will allow most of those formerly enrolled in our Medically Needy program to regain some coverage.

**Mental health and addiction services.** Besides the restoration of services covered under the Oregon Health Plan, the budget restores many cuts in mental health and alcohol and drug treatment, both residential and outpatient. The restorations include community crisis services for children and adults who are not covered by Medicaid.

**More complete information about the new budget will be posted on the DHS Web site, including dates for the restoration of various services: [www.dhs.state.or.us](http://www.dhs.state.or.us). ♦♦♦**