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A COMMUNITY ENEWSLETTER OF WISE & HEALTHY AGING

# WISE News

ADVOCACY, LEADERSHIP & INNOVATIVE SERVICES FOR OLDER ADULTS & CAREGIVERS

We are excited to share the latest WISE News! If you have feedback, or any news or information that you would like to share, please drop us an email at [wise-news@wiseandhealthyaging.org](mailto:wise-news@wiseandhealthyaging.org).

## Expanding LTC Ombudsman and Elder Abuse Prevention Programs to San Bernardino County!



The County of San Bernardino Department of Aging and Adult Services (DAAS) has selected WISE & Healthy Aging to administer its Long-Term Care Ombudsman and Elder Abuse Prevention Programs.

The contract was approved by the San Bernardino County Board of Supervisors and the California State Ombudsman Office on March 29, expanding WISE & Healthy Aging's Long-Term Care Ombudsman and Elder Abuse Prevention Programs in the City and County of Los Angeles to now include San Bernardino County.

"We are honored that San Bernardino County has entrusted us with their LTC Ombudsman and Elder Abuse Prevention Programs," said Molly Davies, LCSW, Executive Vice President, WISE & Healthy Aging. "We have been the voice for older and disabled adults in long-term care facilities throughout Los Angeles County for more than 40 years and look forward to serving even more residents who may need our support."

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## Delivering Results During Unprecedented Times



In fall 2019, WISE & Healthy Aging was awarded a \$1 million multi-year grant from the Administration on Community Living (ACL) to deliver community-based interventions for older adults with, or at high risk for dementia, and training for their caregivers.

The goals of the three-year federal ACL grant were to: 1) develop and deliver supportive services for people living alone with Alzheimer’s Disease and related dementias (ADRD); 2) improve programs and services for those with intellectual and developmental disabilities (I/DD) with ADRD or at high risk for it; and 3) train the caregivers involved with their care.

To achieve these goals, WISE & Healthy Aging partnered with Alzheimer’s Los Angeles, the National Task Group for Intellectual Disabilities and Dementia Practices (NTG), Westside Regional Center and LA Goal, and began work on a variety of programs focused on care management for those living alone with ADRDs, bringing in NTG to train professionals working in the I/DD and aging areas and collaborating with Alzheimer’s LA to deliver professional and family caregiver training – among many others.

Then along came 2020 and the COVID-19 pandemic hit, challenging both WISE & Healthy Aging’s seasoned team of practitioners and their community partners to come up with creative ways of reaching clients and caregivers when in-home visits and in-person trainings were not an option.

“We were able to step in when all formal community supports were pretty much gone,” recalled Phyllis Amaral, PhD and Vice President of the Adult Day Service Center at WISE & Healthy Aging, who led efforts to secure the ACL grant. “Care management for those living alone with dementia became much more encompassing, yet we were able to identify and make sure that interventions were delivered to support these very vulnerable individuals.”

[A number of tools](#) and resources have also been created that summarize the programs developed for supporting individuals living alone with ADRD and I/DD.

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## **New WISE Connections Project Helps Older Adults Cross Digital Divide**



Thanks to a grant from the California Advanced Services Fund through the California Public Utilities Commission, WISE & Healthy Aging is excited to launch WISE Connections, a new community project that will help eligible older adults in Los Angeles County master basic computer and internet skills that will earn them a free laptop once they've completed a series of training sessions.

WISE Connections kicks off on May 4 and is open to Angelinos aged 50 and over. Those interested in finding out more and signing up for WISE Connections are invited to attend either one of two information sessions, which will be held on Thursday, April 21 at the Baldwin Hills Macy's (3rd Floor) from 12:30 to 2:30 pm and the following week on Friday, April 29 at the Ken Edwards Center in Santa Monica from 1:30 to 3:30 pm.

“By the end of the training, our goal is that participants in WISE Connections will be able to confidently use their new laptops to safely access the internet and connect with their loved ones, access virtual programming, pay bills, refill prescriptions, and/or order groceries,” said Nikki Davis, MBA, Vice President of Program Administration at WISE & Healthy Aging.

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## What You Need to Know about Club WISE!



For 50 years, WISE & Healthy Aging has provided high-quality, innovative services for older adults – keeping a sharp eye on aging – and offering lifelong learning opportunities through [Club WISE](#), travel with [WISE Adventures](#), and services such as [Care Management](#), [Peer Counseling](#), [Transportation](#) and many others for those needing a bit of extra help.

When it comes to aging wisely, 92% of our members agree that our Club WISE programs positively affect their health and well-being.

**How do we do it?** Club WISE offers more than 70 virtual and in-person classes per month to keep members physically, socially, and mentally active and engaged—from Qigong & Harmony Tai Chi and Mat Yoga and Meditative Movement, to Sound Bath Meditation and our exciting Armchair Traveler Series. We also offer health lectures with experts from UCLA Health, Cedars-Sinai, and Kaiser, scam prevention programs, and lecture courses on timely topics, all with interactive discussions.

**Interested?** Learn more about [Club WISE](#) or call (310) 394-9871 if you would like to join Club WISE!

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WISE & Healthy Aging, a non-profit, community-based social service organization, advances the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services.

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