



Welcome to the newsletter of Sequoia Village, which serves members in Belmont, San Carlos, Redwood City, and Redwood Shores.



September / October 2016 Vol. 2 #5

HICAP open enrollment

HICAP (Health Insurance Counseling & Advocacy Program) is the nonprofit service that provides free, confidential one-on-one counseling about Medicare for Medicare beneficiaries and their families. State-registered and trained volunteer counselors can answer your questions and help you understand your Medicare benefits and rights, including how to appeal denials of coverage; Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; and long-term care insurance. Legal help and representation at Medicare appeals or administrative hearings are also available.

HICAP is now preparing for the Medicare Open Enrollment Period (October 15 through December 7) for coverage that begins in 2017. Open Enrollment is when Medicare rolls out new Part C (Medicare Advantage) and Part D (Prescription Drug) plans, allowing beneficiaries to shop around and switch if they

find something that saves them money or is better suited to their current needs.

This is also the time when insurance companies flood beneficiaries with literature and phone calls that tend to confuse and mislead. If you have Medicare-related questions, contact HICAP at (650) 627-9350 to arrange a consultation. State-registered counselors meet with clients at various sites in the county, or home visits can be arranged in the case of homebound seniors.

Plan to join us at our next Coffee Connection where you will have a chance to hear a presentation from a HICAP Representative. Mark your calendar for Wednesday, September 28th from 10:30am - 12pm at the RWC Veterans Memorial Center, 1455 Madison Avenue in the Sunset Room. RSVP: SV office no later than September 23 at info@villagesofsmc.org or 650-260-4569. Please indicate if you are bringing a guest, and members, let us know if you do or do not need a ride.

Reach Sequoia Village at:

650-260-4569, infosequoiavillage@gmail.com and <http://www.sequoiavillage.org/>

DID YOU KNOW...

The last day to register to vote in the November 8 General Election is Monday, October 24.

A Matter of Balance

Managing Concerns About Falls

Many older adults experience concerns about falling and restrict their activities. MATTER OF BALANCE (M of B) is a collaborative project of both Sequoia Hospital and Stanford Hospital and Clinics that is geared to the older adult who may have a fear of falling. Utilizing a curriculum that includes lectures, group discussions, role playing and other techniques, this free workshop emphasizes practical strategies to reduce this fear and increase activity levels.

Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Beginning in the third session, exercises are a part of each class session.

Participants meet for eight, two-hour sessions. The class will be coached by our own Nancy Agronin and Stephanie Meyer.

Signups will be at the San Carlos Adult Center. If you have questions you can email Stephanie (storylady@mac.com) or Nancy (agronin@sbcglobal.net)

Class: Matter of Balance

Fee: FREE

Day: Wednesdays

Dates: September 21 - November 9

Time: 2:00 – 4:00 pm

Place: San Carlos Adult Center

Dementia awareness program

A diagnosis of dementia can be overwhelming for families as they search for information, resources, and support. On Thursday, September 8th from 6:30pm - 9pm, Seniors at Home is presenting the program entitled "Dementia Awareness: A Path for Families," sponsored by the Sequoia Healthcare District. Please join this enlightening panel discussion that will give you the knowledge and the help that you need to navigate the path as you and your family move forward.

An esteemed panel of Bay Area experts will address: how to recognize the signs of dementia, understanding symptoms and behaviors, and accessing resources and support for caregivers.

The program will be at the Veterans Memorial Senior Center, 1455 Madison Ave., Redwood City. This program is free, but please register in advance at: <https://www.eventbrite.com/e/dementia-awareness-a-path-for-families-tickets-25605301145>

Consumer alerts

...from the IRS: Please note that the IRS does not initiate contact with taxpayers by phone or email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. Taxpayers should remember their first contact

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DID YOU KNOW...

Apples are more effective at waking you up in the morning than coffee.

SEQUOIA VILLAGE CHAIRS AND COMMITTEES

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with the IRS will not be a call or email from out of the blue, but through official correspondence sent through the mail.

If you get a phone call from someone claiming to be from the IRS, here's what you should do:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 1.800.829.1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue.
- If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to TIGTA at 1.800.366.4484.
- You can file a complaint using the FTC Complaint Assistant; choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

If you get an unsolicited email that appears to be from the IRS, please report it by sending it to phishing@irs.gov.

If you find a suspicious website that claims to be the IRS, please send the site's URL by email to phishing@irs.gov, using the subject line: suspicious website.

...from the San Mateo County Sheriff: The San Mateo County Sheriff's Office has issued a warning to the public to beware of phone calls from individuals fraudulently representing themselves as sworn officers from the San Mateo County Sheriff's Office. Potential victims are told they must pay fees for failure to appear for jury duty, and the imposter insists they pay the fee by purchasing a prepaid "green dot card" or be subjected to arrest. The San Mateo County Sheriff's Office, or any law enforcement, will never contact a member of public demanding that they pay any fees and/or fines and be subjected to arrest if they fail to comply.

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DID YOU KNOW... The last day to apply for a vote-by-mail ballot by mail for the November 8 General Election is Tuesday, November 1.

Celebrate the port of Redwood City

On Saturday, October 1, from 10:00 am to 3:00 pm, PortFest celebrates the working and recreational waterfront. Join your community neighbors for:

- Working Waterfront Trolley Tour--go behind the scenes for a guided half-hour tour of the Port's industrial businesses
- Boat rides and Harbor tours
- Beer Garden and Tiki Bar
- Children's and Teen's Activities
- Food Booths & Food Trucks
- Arts and Crafts Vendors
- Live music

While at the Fest, come by and say hello to SV members and volunteers at the Sequoia Village display table setup.

For more information click: www.rwcportfest.com

By the numbers

In the first 12 months of Sequoia Village operation (July 2015 through June 2016) the Village provided:

- 1,578 rides
- 189 minor home repairs or safety modifications
- 30 technology visits to assist with computer, phone, etc.
- 148 other errands or help around the house or yard

Congratulations and Happy Birthday, Sequoia Village!



SEQUOIA VILLAGE DONORS

Sequoia Village extends its appreciation for the generous financial support and in-kind gifts received from many individuals and the following organizations:

- Sequoia Healthcare District
- Trinity Presbyterian Church of San Carlos
- Rotary Club of San Carlos
- Howard & Martha Girdlestone Foundation
- Kiwanis Club of San Carlos
- Peter & Paula Uccelli Foundation
- Danford Foundation
- Dignity Health
- Mid-Peninsula Vineyard Christian Church
- West Valley Federated Women's Club
- Redwood City Parks and Recreation

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IMPORTANT ALERT! Last month in the SV Newsletter we provided you with 10 questions to ask when “Choosing a Caregiver”. Please add to that list “Is the caregiver registered as a Home Care Aide (HCA) through the state of California? Effective July 1st, you should not have a caregiver working for you if she/he has not been registered AND cleared through the State of California.

Upcoming events

Thursday September 8, 2016, 6:30pm – 9:00pm

Presentation on Memory Loss and Dementia

Dementia Awareness: A Path for Families

Redwood City Veterans Memorial Senior Center
1455 Madison Avenue, Redwood City

The program is free but advance registration is requested: <https://www.eventbrite.com/e/dementia-awareness-a-path-for-families-tickets-25605301145>

Tuesday September 13: 2.30pm

Disaster Preparedness – Presented by the Red Cross

Little House – The Roslyn G. Morris Activity Center
800 Middle Avenue, Menlo Park, CA 94025, 650-326-2025

Wednesday September 28, 2016: 10:30am to 12:00pm

Coffee Connection

Medicare Basics and Supplemental Policies: How HICAP Can Help

Redwood City Veterans Memorial Senior Center
1455 Madison Avenue, Redwood City

Saturday October 1, 2016: 10:00am – 3:00pm

PortFest

Free community celebration of the working and recreational waterfront

Port of Redwood City, 451 Seaport Court, Redwood City – <http://www.rwcportfest.com>

Monday October 24, 2016

Last day to *register to vote* for the November 8 General Election.

Tuesday November 1, 2016

Last day to apply for a vote-by-mail ballot by mail for the November 8 General Election.