

Misinformation – What is the real story?

By Linda Fodrini-Johnson

Misinformation seems to be everywhere. These three frequent issues are just a few of the questions families bring to Professional Geriatric Care Managers who are also called "Aging Life Care Experts."

Medicare does not pay for long-term care in the home. Many individuals think that Medicare will cover their support after an illness or hospitalization for as long as they might need it. It is true that Medicare pays for some in-home rehab care. However, once the individual plateaus or refuses to participate Medicare discontinues services. This is true for long-term care rehab and there is often a limit to how many sessions or treatments a patient can receive depending on the diagnosis. Medicare does pay for Hospice and Palliative care but that does not cover caregivers. Many older adults need supportive care to stay safely at home and this is private pay or paid for with Long Term Care Insurance.

Does my mother really need to spend all her money to qualify for Medi-Cal paying for her nursing care? The current as-

set limit is \$2,000. However, it is expected that around July 1, 2022 California will raise that asset limit to \$130,000. This will be a big help to low income individuals who are hanging on with substandard assistance because they have too much money currently to qualify. You also need to meet the "meet" requirements. In this case, she is diabetic, blind and starting to have memory issues. To qualify for skilled nursing you have to meet the "care" needs requirement – which it sounds like she does. For couples that upper limit is to be raised to \$195,000. If you were going to make a move to skilled nursing this year – hold on until you know this is in effect. An Elder Law attorney who specializes in Med-Cal or Medicaid planning might be a good resource. For an update this change check out

www.canhr.org/factsheets/medi-cal

Is there a simple checklist to know what type of housing a parent or spouse might need? My answer is more complex than a checklist would reveal. If a family member has serious health issues needing constant nursing oversight the only solutions are a very expensive home care plan with registered nurses around the clock or

a skilled nursing center. When it comes to Assisted Living, Continuing Care, Memory Care or small Board and Care then it will depend on what is affordable, what are the values and interest of the resident, how far from family and friends, and projected level of care needed now and in the future. The second step will be checking with professional (Aging Life Care Experts, Medical Experts) as well as with the licensing agencies for reputation and history in the community.

I do have an evaluation checklist for use when touring different retirement communities. If you would like the checklist let me know.

If you are starting this journey with a family member or concerned about you and your spouse it is a good time to reach out to someone who can give you an unbiased plan for the future. Aging Life Care Experts (Geriatric Care Managers) www.AgingLifeCare.org

My next free Zoom class will be on July 8 at 11 a.m., "Dementia: How to prevent Burn Out when caring for someone with Memory challenges". Email me at LindaFJ620@outlook.com to register.



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989. Eldercare Services is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.

CP brings life to Senior Community Center in Oakland

Submitted by Cathy Chang

The Camino Pablo Elementary School PTA Community Services Committee on May 22 was joined by six families and 16 volunteers to cook and serve lunch at St Mary's Center in Oakland. St Mary's Center is a volunteer-led community center dedicated to improve the well-being of seniors and preschool families in West Oakland by meeting basic needs for food, housing and social connection. Seniors would come to the community center for a meal and a game of dominoes. Through participating in the center's social and nutritional programs, seniors improve their physical and mental health.

Although the center opens Monday through Friday during the week, it is open on Sundays to serve lunch and dinner to make sure that seniors in the low-income community will not go hungry on weekends. Camino Pablo Elementary

School's volunteers brought fresh produce to the center and prepared 35 lunch boxes in the center's industrial kitchen. The team of 16 worked seamlessly at each kitchen station, cooking egg rolls, marinating and frying Taiwanese chicken cutlets, sautéing mixed vegetables, making refreshing lemonade with lemons from a volunteer's backyard, baking cupcakes and interacting with the seniors during the service.

The seniors were smiling from ear to ear and chatting with volunteers to learn about the school and today's lunch menu. The center's Volunteer Coordinator, Beverly Hop, said, "The seniors loved all the effort you put into making their time with your group so enjoyable. They loved the food, the cupcakes and the poster. Camino Pablo Rocks! Your group brought the center to life!" - Many seniors asked for seconds and thirds during the lunch service.

After making sure that all the se-



Photo provided

Families cook and serve lunch at St Mary's Center in Oakland on May 22.

niors and the center's staff were served, the volunteers sat down to enjoy lunch with the seniors. "The service project is a wonderful way to get kids involved in helping the community while having a fun family bonding experience," said the Almeida family. The group is consisted of students from K-fifth grade. A seventh-grade middle school student, Brian Harrison, from local Joaquin Moraga Intermediate also joined his fifth-grade sibling to serve.

Camino Pablo Elementary School used to serve meals at St Mary's Center at least twice a year until the center was closed due to the pandemic. The PTA's Community Services Committee was excited to sign up and bring students and families back to the center to serve the seniors as soon as the center was reopened for Sunday lunch in April 2022. The seniors look forward to more happy visits from Camino Pablo families.

Utility boxes get spruced up as part of Artify Orinda



The utility boxes in downtown Orinda are getting "artified," as professional artists work their wondrous with paint. This utility box in front of Rite Aid was painted by Tim Hancock. Five more utility boxes and three big belly trash and recycling cans are scheduled to be painted this summer, adding to the six paintings on the Theater side. The Artify Orinda project was started by Maggie Boscoe from the Lamorinda Arts Council. Look for these paintings as you walk or drive around Orinda.

- S. O'Doherty

Photo provided

Chef's Table event benefits Park Theater renovation fund



Photo Susan Goldie

Laura Magu and Chef Paul Lecugy-Magu of Lafayette's local, Michelin-acclaimed, REVE Bistro hosted an intimate, sold-out Chef's Table event, "Meet me in Paris ... No Flight Required," in the REVE garden on Sunday, May 15. The themed-event featured an exquisitely prepared tasting menu with wines especially selected by RÈVE master sommelier, Rebecca Fineman. All food and wine were generously donated by RÈVE Bistro, along with the service by their excellent wait staff. Laura and Chef Paul were also very generous with

their time in the planning and organization of this event, which quickly sold out and raised over \$30,000 for the Park Theater renovation capital campaign.

"Thanks to REVE very generously donating their staff and lovely garden, champagne for the pre-dinner reception, all the wine (which was hand-picked to accompany the meal by their sommelier), and the fantastic, truly exceptional six-course meal, we raised almost \$33,000 toward the \$5 million goal," said Tracey Karsten Farrell, Park Theater Trust board member.

Peter Hartlaub, culture critic for the San Francisco Chronicle, and operators-to-be, Adam Bergeron and Jaimi Holker of CinemaSF, were panelists in a conversation that focused on the role of the Park within the greater East Bay community, and the importance of independent cinema in general, Farrell said. The French jazz duo, Duo Gadjo, provided the live music.

The evening was made even more memorable by the elegant garden design donated by Randall Barnes, and gift bags of goodies from Wine Thieves, La Châtaine, Susan Goldie Art, and Cinema SF. The event co-chairs were Susan Goldie and Courtney Anderson.

"It is generous partnerships like these that make such a difference in our community," TPTT board members Farrell and Kathy Bowles said, "and will have such impact on efforts like the restoration of our historic and much-loved Park Theater." - J. Wake

In Memory

Maureen Hession

June 6, 1931 – June 8, 2022



Maureen Hession passed away peacefully at home on June 8. A resident of Lafayette since 1978, she grew up in Cappamore, County Limerick, Ireland. Born on June 6, 1931, to Anne and William Ryan, she was the oldest of her siblings Nellie, Nan, Michael and Phyllis.

As a young woman, Maureen moved to Hastings, England to study nursing at St. Helen's hospital. There, she formed close, lifelong friendships with her fellow nurses.

At a dance, she met the love of her life, John Hession, who also worked at the hospital. They married on February 8, 1956, at St. Mary Star of the Sea Catholic Church in Hastings. That June, Maureen and John set out on a great adventure,

crossing the Atlantic Ocean onboard the Queen Mary, to a new life in America.

Settling in San Jose, they started their family with the birth of their first son, Kevin, followed one year later with Michael, three years later with Eileen and three years later with Nancy.

In 1967, a career opportunity for John prompted a move to Brussels, Belgium, where their youngest son Chris was born. The family enjoyed holidays and vacations with relatives who lived throughout England and Ireland.

Living in Europe introduced their children to various cultures and countries. While John traveled extensively throughout the world for work, Maureen kept everything running smoothly at home.

In 1978, the family moved back to the United States to live in Lafayette. Maureen loved being around family including grandchildren Kathryn, Peter, Lauren, Nicole, Daniel, Conor, Claire and Sarah. She and her sisters kept close ties through correspondence and phone calls.

One of Maureen's proudest moments was becoming a United States citizen. She adored animals, especially her devoted tabby Ollie. An avid gardener, she enjoyed puttering among the flowers and watching hummingbirds and other birds visit the backyard feeders.

Parishioners for more than 40 years at St. Perpetua Catholic Church, it became the center of their spiritual life for John and Maureen, who attended mass together and became greatly involved in the church community.

Maureen is survived by her husband John; son Kevin and his wife Stephanie; son Michael and his wife Kristin; daughter Eileen (Dufau) and her husband Dave; daughter Nancy (Monaco) and her husband Kevin; son Chris and his wife Jamie; grandchildren Kathryn, Peter, Lauren, Nicole, Daniel, Conor, Claire and Sarah; sisters Nellie Daly, Phyllis Bell, cousins including John O'Connell and numerous nieces and nephews.

A memorial service will be held at 1 p.m., Friday, July 1 in the chapel at St. Perpetua Catholic Church, 3454 Hamlin Road, Lafayette. A private burial with the family will follow.