

The Aging of America Today

Great improvements in medicine, public health, science, and technology have enabled today's older Americans to live longer and healthier lives than previous generations. Individuals who reach the age of 65 can now expect to live into their 80s and beyond.

Older adults want to remain healthy and independent at home in their communities. While it may appear that a majority of older people live in nursing homes and other long-term facilities, in reality only about 5 percent live in these facilities at any given time. The vast majority of older adults function independently and effectively.

Living longer and healthier is one of the successes of the 20th century. The science of aging indicates that chronic disease and disability are not inevitable.

Among older adults, improving functional independence is important in promoting health. At any age, an individual's level of physical and psychological functioning is important because it affects one's quality of life.

There are many programs designed to keep older adults active and mentally alert. Consider the following: In education, opportunities are being made for older people to teach or go back to school. Many universities offer courses that can be audited by older adults. In leisure, opportunities are being made both for recreation and cultural pursuits. For example, retirement communities are increasingly located close to universities and the Elderhostel movement is thriving worldwide.

Future Topics

The page will appear at the end of each month in the Health Section of The Jewish World.

Upcoming topics include:

- **Managing Chronic Illness**
- **Falls Prevention & Safety**
- **Health Care Proxies**
- **Housing Options**
- **Caregiving & Caregivers**
- **Mental Health & Aging**
- **Medicaid**
- **Long-Term Care**
- **End-of-Life Care**
- **Medicare**
- **Alzheimer's**
- **Power of Attorney**

Is This Page for You?

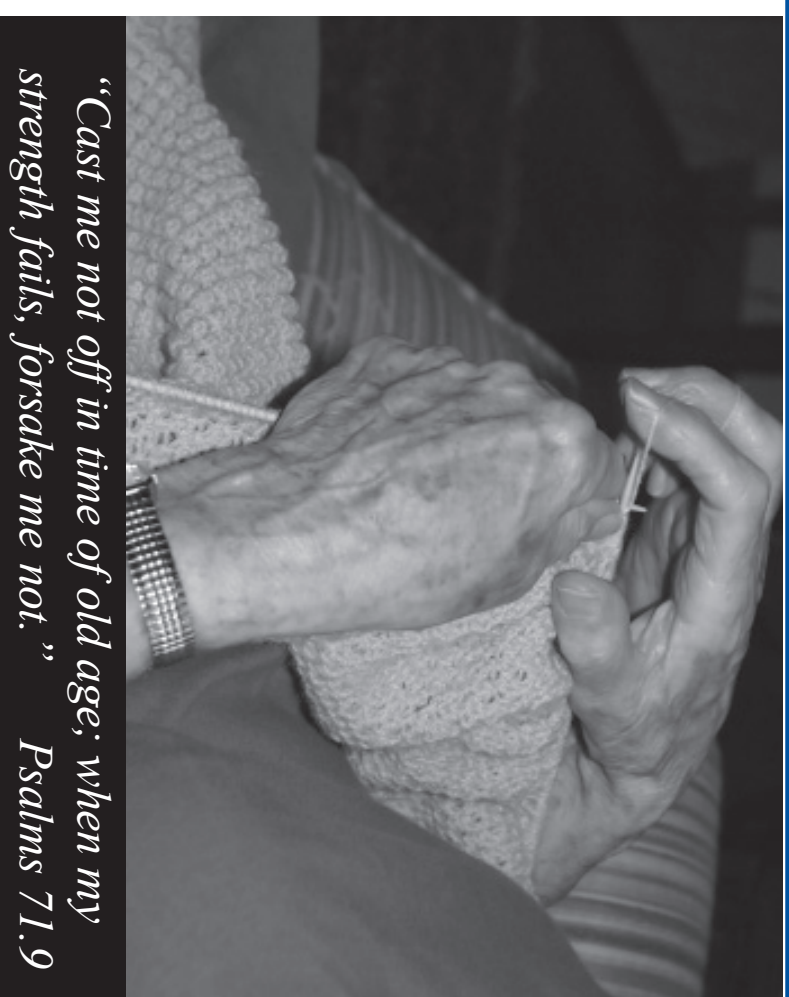
This page is for you if:

- *You are a senior;*
- *You have a caregiver of a senior;*
- *You have family members who are getting older;*
- *You know people who are seniors and want to help;*
- *You are interested in the issues that surround the aging of our population.*

In housing, opportunities for frail older adults to remain independent are being improved through supportive community services and injury-prevention housing design. At work, there are increasing options for part-time work, job sharing and flexible hours. Some companies have initiatives for rehiring retired employees.

Even with all these improvements, there are many issues facing today's older adults and their families. The need for assistance with caregiving, chronic illness, and other concerns – great even today – will only be increasing. By 2030, there will be about 71.5 million older persons, more than twice the number in 2000. That's more than 20 percent of the expected population in 2030.

Over the next year, you will be introduced to topics on aging that are of interest to all older adults, their caregivers, family members and the general public. The subjects will be current, informative, and stimulating, and will provide website links for further reading.



“Cast me not off in time of old age; when my strength fails, forsake me not.” Psalms 71.9

Why This Page?

The Aging American Jewish Population

The Jewish population in the United States is older than it was in 1990. It is also older than the general U.S. population. The median age of the Jewish population, that is the age at which half the population is older and half younger, is 42, five years older than it was in 1990, and seven years older than the current median ages for the U.S. population.

The statistics mean that most of us fall into at least one of following categories:

- We are, ourselves, seniors;
- We have parents who are seniors;
- We care for someone who is a senior;
- We will have to care for someone who is a senior;
- We are seniors who are caring for a parent who is a senior; or
- We know someone who is a senior.

Of the Jewish population, nineteen percent are “older adults”, defined as 65 years of age or older. That's seven percent higher than today's total U.S. population. This means the problems of aging are hitting our Jewish community sooner and harder than they are hitting the general community.

This page is about giving seniors, their family members, and anyone interested in the issues that affect older Americans, information and tools to make life easier. We hope to present articles that are informative and up-to-date.

With You in Mind will appear monthly in the health section of *The Jewish World*. The page is produced by the United Jewish Federation of Northeastern New York under the auspices of the Committee on Aging with support from *The Jewish World*. Most information will be written by Dr. Zvi Gellis, Ph.D. and Amy Gregor, MSW of the Center for Aging Research at UAlbany.

The entire series will be available by request from the United Jewish Federation of NENY or online at www.jewishfedny.org/volunteering_home.html.

Resources at a Glance:

Daughters of Sarah Senior Community: (518) 456-7831
Jewish Family Services of NENY: (518) 482-8856
Robert & Dorothy Ludwig Schenectady JCC: (518) 377-8803
Sidney Albert Albany JCC: (518) 438-6651
United Jewish Federation of NENY: (518) 783-7800

New York State Office for the Aging – Senior Citizen Hotline (800) 342-9871

This page and subsequent pages in the series can be found at http://www.jewishfedny.org/volunteering_home.html

Jewish Community Senior Services – A World of Programs Await You

Our Jewish community recognizes the respect and care due to the seniors in our community. They are our parents, sisters, brothers, aunts and uncles and they are our responsibility. We are fortunate to have many options for senior programming sponsored by our Jewish community institutions. Here is an overview of the available programs.

The Chaplaincy Program

of the United Jewish Federation of Northeastern New York serves the Jewish spiritual and cultural needs of the residents of long-term care facilities in the Capital Region through programs, visits and staff education. A newsletter is published six times per year and sent to over a hundred professionals working in long-term care facilities.

Daughters of Sarah

Senior Community provides a continuum of elder care and services on a single campus from assisted living to skilled nursing, through hospice, kosher throughout.



Having some fun at Daughters of Sarah

The Massey Residence has

spacious assisted living apartments with personal care services, medication management, social and Jewish cultural activities, and gourmet cuisine.

Daughters of Sarah Nursing

Center is a 201-bed skilled nursing facility on one floor: all private rooms with bathrooms; intimate gathering spaces for families; and a wide variety of activities. Services include:

GreatDays Medical Adult Day Program—social and cultural activities stimulate socialization in a large space with lots of natural light, kitchen, bathroom and whirlpool;

Respite Care—offers families and other caregivers time off from the day to day routine of care-giving; a caregiver support group is available; **Recreation**—an array of entertainment, Jewish cultural and

social activities, opportunities for

residents to run certain activities, and personal and cultural stimulation;

Rehabilitation—state of the art equipment and highly trained staff in Physical, Occupational, and Speech Therapies; and outpatient services for resident at The Massey;

Memory Enhancement Center—adults with Alzheimer's and dementia receive stimulation to increase cognitive and communications functions and acknowledgment of why they are as they are now;

Hospice at Daughter of Sarah—dedicated residential area, Community Hospice affiliate in a Jewish setting offers end-of-life care with Jewish sensitivities and traditions.

Jewish Family Services of

Northeastern New York's Senior Adult Services are designed to help seniors remain safely in the community, enhance quality of life, and maintain independence as long as possible.

In-home Counseling—professional social workers will meet with seniors in their own homes on a regular basis to discuss personal issues and concerns. Partially paid for by Medicare, other insurances, or by private arrangement, **Family Conference**—Families can discuss their concerns with professional social workers to understand issues related to aging, develop strategies, learn about services, and plan for the next steps.

Escort & Transportation

Outreach workers provide one-on-one escort and transportation for shopping, banking, doctor's appointments, and other needs. Seniors must be independently mobile. Services provided on a scheduled basis;

Comprehensive Assessment—Professional social workers will evaluate a senior's mental, physical, social, and living situation and provide recommendations, available options and resources;

Care Management—regular case aide visits with seniors in their homes, communication with adult children as appropriate, recommendations and referrals to address developing needs and arrange for services;

Nork Family Transition

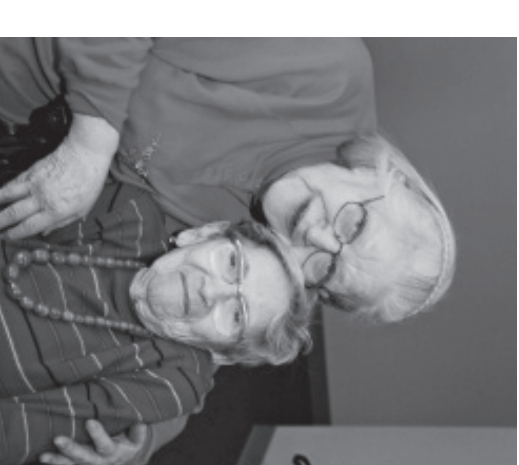
Program—through individual and/or family counseling, provide support guidance, referral, and advocacy related to health issues and serious illness.

current events discussion group,

senior chorale, and pool exercise;

Classes/Programs—enjoying the opera, bridge lessons, Book Mavens book discussions, R.O.M.E.O (Retired Older Men Eating Out) lecture lunch meetings, painting classes, line and circle dancing, mah-jongg and cards, and 55-Alive driver training;

Sixty-Plus Dining—nutritionally balanced kosher meals in a social setting, often accompanied by entertainment or a speaker; Monday and Wednesdays, 4:45 PM- 6 PM. Reservations/cancellations must be made by 9:30 AM the day of the meal;



Good friends are found at the Schenectady JCC meal program Photo credit: Creative Expressions Photo by Joan Heffler

Transportation—offered to and from the Sixty-Plus Dining program; requests honored based on existing transportation schedules, requests no later than 9:30am that day;

Congregation Beth Emet-Sidney Albert Albany Jewish Community Center Health and Services Fair for Adults and Senior Adults—annual event at the SAAJCC providing free health screenings and relevant information;

Holiday Celebrations—model Passover seder, Chanuka concert/dinner; Thanksgiving concert/dinner

Know Your World Lecture Lunches—a lecture about a particular place, followed by a luncheon of foods from that area;

Jules and Paula Stein Live and Learn Lecture-Meal Series—Six Judaic lectures and kosher meals in a social setting;

Fall Suss Concert—Thursday afternoon concert in the fall.