Expanding CA’s Long-term Supports and Services (LTSS) for All

More than 100 seniors, people with disabilities, workers, and allies gathered at the San Francisco Main Library on Thursday, September 19 to call for long-term services and supports (LTSS) for all Californians! LTSS, also called long-term care, refers to support in one’s home with dressing, bathing, eating, and other tasks, along with other services that people need to live and age with dignity, such as Paratransit, wheelchairs and walkers, and assistive technology.

When informal networks of care are exhausted or not available, or someone does not qualify for Medi-Cal and IHSS, LTSS must be paid out of pocket, and can be very expensive. California needs a sustainable financing mechanism to support individuals and families to meet this growing need. The solution is a new LTSS program for Californians! Currently being developed by the California Aging and Disability Alliance (CADA), it will provide a benefit that Californians can use to pay for a broad range of LTSS, such as: personal care, medication assistance, housekeeping, home modifications, transportation; and assisted living, nursing facility, and other supportive housing costs.

At the Town Hall, SDA member Sanae Kelly spoke powerfully about needing homecare after surgery, and her fear that if she needs care in the future, her savings will run out quickly. Marisol Ferrante, a disabled woman who works at Independent Living Resource Center, spoke about her experience, along with several caregivers and an IHSS worker. The panel raised the idea of interdependence: that we all depend on each other.

Assembly members Phil Ting and David Chiu and Senator Scott Wiener spoke about the need for better long-term services and supports. They all committed to support a statewide program. Attendees then had a lunch discussion about how we can move towards this goal using our grassroots power.

For more information, go to www.sdaction.org/programs/healthcare-action-team-hat/, or contact Ligia at (415) 546-1333 or ligia@sdaction.org.
SENIOR AND DISABILITY VOTER
RECOMMENDATIONS
November 5, 2019 Election

A: Yes  Housing Bond that includes senior housing, housing for very low-income people, and much more.
B: Yes  Adds disability to the name of the Department of Aging & Adult Services so that people with disabilities know they are seen & welcomed.
C: No  Juul-funded (Big Tobacco) initiative to allow more vaping, harming youth & others with nicotine products. Pre-empts future action by Board of Supervisors.
D: Yes  Taxes Uber & Lyft rides to reduce congestion and fund buses, accessible transit, & pedestrian safety.
E: Yes  Makes it easier to build 100% affordable housing and educator housing.
F: Yes  Limits campaign contributions and requires disclosures from companies, including developers and others with an interest in city decisions.

You can register to vote until October 21, and sign up to vote by mail until October 29. Vote early at City Hall (opens October 7) or at SFSU (opens November 2), or go to your polling place on November 5 between 7 am and 8 pm. For accessible voting, you can vote at home and then print your ballot, or use an accessible ballot-marking device at a polling place. If you have questions or need any help, please contact the SF Department of Elections at (415) 554-4375 or sfvote@sfgov.org, or call us at 415-546-1333.

Help us pass Prop A and Prop B! Call SDA or email freddy@sdaction.org.

SDA members and staff among others at the "Fat & Disability Communities Unite to Close the Camps“ rally on August 28 outside of the Immigration and Customs Enforcement office at 630 Sansome St.
Support Prop A

There are 75,000 seniors in SF right now that fall under the $24,000 income requirement for affordable housing, excluding them from new affordable housing. Prop A is a life-saving measure that will guarantee at least 500 units of housing be built exclusively for seniors, including some with extremely low incomes. Prop A puts $150 million into the city's budget to build senior housing, an important step toward deeply affordable housing for all.

The kickoff celebration on Sept. 7th was well attended with new SDA members Eric, Darlene, and Felix, board members and staff representing SDA in full force! Board of Supervisors President Norman Yee, Mayor London Breed, and Supervisor Matt Haney were a few of the city officials in attendance who gave rousing speeches on the need for Props A & E to pass with at least a 2/3 majority vote to secure these funds and prepare us for future victories in low and extremely low income senior housing. Voter turnout is crucial, specifically for seniors, and for everyone who wants seniors to be able to age in San Francisco!

This is only the beginning of our fight for housing justice! To get involved with Prop A (including phonebanking, a speaker’s training, and more) contact Freddy at freddy@sdaction.org or 415-546-1333, ext. 305.

### Interested in becoming a Peer Advocate at SDA?

Peer advocates are members of SDA who volunteer for one 3-hour shift per week at our office helping other seniors and people with disabilities with consumer rights questions. They attend a Survival School and receive training on what resources and benefits there are for seniors and people with disabilities in SF. Peer advocates help their peers navigate issues like:

- Finding housing or addressing problems with housing
- Healthcare and homecare
- Applying for Paratransit, Free Muni, CalFresh and SSI
- Using assistive technology (hearing aids, screen readers, etc) … and much more!

If you’re interested in learning more or getting trained, contact Sarah or Ligia (4150-546-1333, sarah@sdaction.org or ligia@sdaction.org).
Upcoming Events at SDA

SDA’s 2019 Annual Celebration!
Thursday, October 3, 5:30-8:00pm

Rueff Room, A.C.T.’s Strand Theater, 1127 Market Street, SF

This year’s theme is transformation. Together, we’re transforming housing so that it’s truly affordable, we are transforming mental healthcare, we’re transforming the way people think about aging and disability! SDA’s Annual Celebration is a time to relax with friends and celebrate our work in the community. The event includes good food and wine, a drawing, and a silent auction.

Tickets $80 until October 1st, $100 at the door. Buy at http://bit.ly/CelebrateSDA2019 or call SDA.

Current SDA members
have a special $30 rate! Please contact

Senior and Disability Action General Meeting
Thursday, October 10th and Thursday, November 14th
10 AM-Noon

October Topic: Candidates for November Elections
November Topic: Emergency Preparedness

Unitarian Universalist Church, 1187 Franklin Street/Geary
Lunch after meeting $2
Please call (415) 546-1333 for more information
All are welcome!

Mental Health Consumers Working Group

SDA is starting a new group of mental health consumers (people with lived experience of a mental health disability) to advocate for our rights and improve and expand services. Come join us! Contact Raia (raia@sdaction.org or 415-546-1333, ext. 308) to find out about the next meeting.

Need a bus shelter to wait for the bus?

SDA’s Transit Justice group is launching a campaign to get more bus shelters, so seniors and people with disabilities can sit and stay out of rain or wind while waiting for the bus. If you’d like to get involved, please contact Pi Ra at (415) 546-1333 or sri-ra@sdaction.org.
Arts and Cultural Events

SDA Friday Flick: Maggie Growls

Friday, October 24, 2-4 pm
SDA office, 1360 Mission Street, 4th floor

MAGGIE GROWLS is a portrait of the amazing, canny, lusty, charming and unstoppable Maggie Kuhn (1905-1995), who founded the Gray Panthers (the nation’s leading progressive senior advocacy organization) in 1970 after being forced to retire from a job she loved at the age of 65. Her outrage and determination fueled a political chain reaction that forever changed the lives of older Americans, repealing mandatory retirement laws and proving that “old” is not a dirty word.

With an introduction by Carroll Estes, founder of UCSF's Institute for Health and Aging; and Michael Lyon, of San Francisco Gray Panthers. Call (415) 546-1333 or email jessica@sdaction.org to RSVP. Movie & popcorn are free!

Disability Book Reading Series!

Senior and Disability Action is pleased to announce the launch of a series of book readings by disabled people about disability.

The first in the series will be Eli Clare, reading from Brilliant Imperfection: Grappling with Cure, Friday, October 18, 5-7 pm, location to be announced. Call (415) 546-1333 or email jessica@sdaction.org for more information.

In Brilliant Imperfection Eli Clare uses memoir, history, and critical analysis to explore cure—the deeply held belief that body-minds considered broken need to be fixed. Cure serves many purposes. It saves lives, manipulates lives, and prioritizes some lives over others. It provides comfort, makes profits, justifies violence, and promises resolution to body-mind loss. Clare grapples with this knot of contradictions, maintaining that neither an anti-cure politics nor a pro-cure worldview can account for the messy, complex relationships we have with our body-minds.

(Synopsis from https://eliclare.com/books/brilliant-imperfection)

Future book readings:
We’ve Been Too Patient: Voices from Radical Mental Health, Stories and Research Challenging the Biomedical Model, edited by L.D. Green and Kelechi Ubozoh
Disability Visibility, an anthology edited by Alice Wong
Stutterer Interrupted: The Comedian Who Almost Didn’t Happen, by Nina G, “the bay area’s only female stuttering comedian”
Master Plan on Aging

By Rebecca Muller, SDA Member and Peer Advocate

San Francisco has long been a leader in social justice and human rights. Today, one of the most important issues that must not be overlooked is ageism.

The California Master Plan for Aging, held on Friday September 20, was a first step in addressing the state’s plan for seniors.

Janet Spears, the CEO of Metta Fund, pointed out that the older generation in California outnumber youth and that at least 1 in every 33 people will be over 60 by the year 2030. This population is an important part of the state's diversity.

Since San Francisco is an urban area, there are true disparities between the San Francisco metro area and rural areas of California such as Nevada County. It is important that we are sensitive to seniors in both of these areas and what their differing needs are.

One of the state’s challenges is to ensure that IHSS home care workers are currently paid the same amount of money in San Franciscos as in Bakersfield or Modesto. Caregivers are leaving the bay area due to low wages.

Others in attendance at the event were David Chiu, California Assembly Member; Sandra Lee Fewer, from the San Francisco Board of Supervisors; Shireen McSpadden, Executive Director of the San Francisco Department of Aging and Adult Services; and Norman Yee, President of the San Francisco Board of Supervisors.

Chiu pointed out that healthcare is one of the biggest issues for seniors. McSpadden brought up the point that integration is needed for both seniors and those with disabilities and that it is vital to bring them into the workforce. Fewer stated that the largest population in her district is seniors and that she is hoping to develop the first playground for seniors in order to prevent social isolation.

Yee shared his concern that $60,000 in income is needed before someone can qualify for most affordable housing in San Francisco, and he knows of many cases where seniors earn $12,000 a year or less.

While obviously there are several challenges that the state faces in helping seniors to live full lives, it is clear from this event that seniors have many people who are supporting them and working to find ways to make them feel a welcome part of our celebrated communities.
SDA’s office and all meeting and event locations are wheelchair-accessible. We are scent-free, so please remember not to wear perfumes, scented lotions or detergents, etc. If you need ASL interpretation or any other accommodation for a meeting, please contact us as soon as possible.

**Community Calendar: Oct/Nov. 2019**

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<th>DATE</th>
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| Tues-Fri | Computer Open Lab and Beginning Computer Classes | Tues and Thurs: 10:00 – 1:00
Weds and Fri: 10:00 – 4 | Pi Ra 415-546-2096 |
| Thursday October 3rd | SDA Annual Celebration | 5:30-8 PM
The Rueff Room at ACT’s Strand Theater
1127 Market Street, SF | Sarah Jarmon (415) 546-1333 x307 |
| 1st Thursday Nov. 7 (no Oct. meeting) | IHSS Task Force Meeting | 10:30 AM
1360 Mission St. #400 | Jessica Lehman 415-546-1333 x301 |
| 1st Thursday Nov. 7 (Oct. cancelled due to Annual Celebration) | SDA Board Meeting | 3:00-5:00 PM
1360 Mission St. #400 | Jessica Lehman 415-546-1333 x301 |
| 2nd Thursday October 10th November 14th | SDA General Meeting | 10:00 AM
1187 Franklin Street
(doors open at 9, $2 lunch served at noon) | SDA 415-546-1333 |
| 2nd Thursday October 10th November 14th | CARA meeting | 1 PM
1187 Franklin Street | Jodi Reid 415-550-0828 |
| 2nd Tuesday October 8th November 12th | HealthCare Action Team (HAT) Meeting | 11 AM
ILRC, 825 Howard | Ligia Montano 415-546-1333 x302 |
| 3rd Wednesday October 16th November 20th | SDA Housing Collaborative | 1-3 PM
1360 Mission Street, #400 | Freddy Martin 415-546-1333 x305 |
| 3rd Friday October 18th November 15th | Mayor’s Disability Council | 1-4 PM
City Hall Room 400 | Mayor’s Office on Disability 415-554-6789 |
Senior and Disability Action News is produced by SDA Staff and volunteers.

We would like to hear from you! Send information and commentary to info@sdaction.org or call (415) 546-1333.