



**Inland Coalition
on Aging**

Monthly Meeting

August 26, 2025

[Inlandaging.org](https://inlandaging.org)

Agenda

Welcome

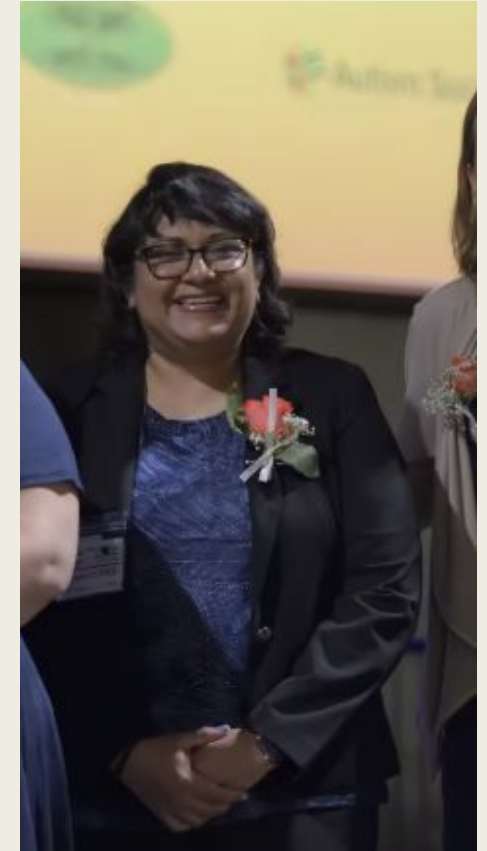
IE-MPA Updates

Presentation

Next Meeting

IE-MPA Updates

Carmen Estrada
ICA Treasurer



Updates

- ❖ **IE-MPA Action Teams** will begin meeting every second Tuesday of the month.
 - **If you completed a partner form, you should have received a calendar invitation to join the Action Teams on September 9th.**
 - **Did not receive an invitation and want to participate?** Please email us if you would like your organization to become a partner to participate in an Action Team. You will need to complete the IE-MPA Partner Form.
- ❖ **IE-MPA Outreach**
 - Targeted outreach is being conducted to underrepresented communities in ICA membership.
 - Presenting the IE-MPA to Menifee Senior Advisory Committee on 9/23
 - On the panel for the Inland Empire Community Health Initiative's "Understanding Health Literacy" on 9/23
 - Presenting the IE-MPA to the San Bernardino County Senior Affairs Commission on 10/15
 - Invited to Present at the Riverside County IHSS Caregiver Appreciation Events on 11/18 (Palm Desert) and 11/20 (Moreno Valley)

Help Us Spread the Word

Advocacy - The ICA will continue to send more communication requesting support on time-sensitive advocacy actions

Read and use [the Inland Empire Master Plan for Aging \(IE-MPA\)](#).

Marketing Tools [InlandAging.org/media](https://inlandaging.org/media)

- Share ICA brochures and informational flyers at your outreach events.
- Post on your social media using our Social Media Kit
- Share emails you receive from us with other professionals in your community.
- Invite someone to attend an ICA meeting and become a member

ICA LinkedIn – Follow us!

<https://www.linkedin.com/company/inland-coalition-on-aging/>



info@inlandaging.org

trading ages™

a unique perspective on aging



Angie Ayala-Rojas
Health Educator
Independence at Home



Next Meeting

Tuesday
September 23, 2025
11:00 am - 12:00 pm

trading ages™

a unique perspective on aging



Trading Ages is a comprehensive training designed for professionals and community members who work or interact with older adults, such as case managers, healthcare workers, senior center staff, caregivers, customer service representatives or any other role that involves working with older adults. It will give you insights into the changes that older adults face and provide practical techniques on how to better connect with them.

What you will learn:

- The physical, cognitive, and emotional changes that occur with aging
- How to communicate effectively with older adults
- How to provide age-appropriate services
- How to create a supportive environment for older adults

Benefits of the training:

- Increased understanding of the aging process
- Improved communication skills
- Increased confidence in working with older adults
- Enhanced ability to provide quality care and services

For more info, contact us at 866-421-1964 or
TradingAges@scanhealthplan.com

The growth of the older adult population is impacting families and communities.

Older adults are one of the fastest-growing groups in the country.

By 2030, all Baby Boomers will be age 65+.

If your organization is interested in hosting Trading Ages for your staff, community or networking group, please contact us.



**Independence
at Home**

A SCAN Community Service™

Trading Ages

Community Health Education

Fact Sheet on Aging

As we age, it is normal to notice changes in our bodies. Below are a few common changes that may occur.

Vision Changes:

- Farsightedness - inability to see close objects clearly.
- Sensitivity to light-difficulty functioning in low light levels and adapting to darkness, also known as "night blindness".
- Difficulty adapting to glare.
- Visual activity or clarity is gradually lost with age, along with sharpness of vision.
- Color vision - changes in filtering, difficulty discriminating between certain colors.
- Cataracts - causes an overall blur, cataract surgery is successful for most.
- Blindness – some causes include glaucoma, arteriosclerosis, hypertension, and diabetes.

Hearing Changes:

- Impact may be greater than other losses.
- Source of loss - auditory nerve, structure of ear.
- Decreased ability to hear intensity or volume of sound - most common type of hearing loss.
- Decreased ability to hear high-pitched sounds.
- Shouting (increased intensity and pitch) does not aid hearing, a man's voice is easier to hear than the higher pitch of a woman's voice.
- Decreased ability to discriminate between similar words.
- Sounds such as "s" and "th" are difficult to hear and tell apart.
- It is easier to hear vowel sounds compared to consonants which have a softer sound.

Strength/Dexterity Changes:

- Often a person will lose dexterity because of numbness or other sensory deprivation of the hands and fingers. Dexterity can also be lost due to a coordination, strength, or range of motion deficit.
- Arthritis is a common disability that can significantly hinder an older person's ability to effectively use their hands.
- Both endurance and reaction time are decreased.

Memory Changes:

What's the difference between normal, age-related forgetfulness and a serious memory problem? It's normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home.

Talk with a doctor to determine whether memory and other cognitive problems, such as the ability to clearly think and learn, are normal and what may be causing them.

Normal aging	Alzheimer's disease
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remembering it later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often and being unable to find them

Source: National Institute on Aging



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1-866-421-1964 | communityoutreach@scanhealthplan.com | www.independenceathome.org