

to take about 18 months. The application process will begin in Spring of 2023 for a Fall of 2023 move-in.



MY VOTE MATTERS

Changes are Coming to Medi-Cal

All adults over 50 will be eligible

As of January 2022, Medi-Cal will be changed to CalAim (California Advancing & Innovating Medi-Cal), which has been initiated by the California Department of Health Care Services. This significant improvement has the potential to enhance results for the millions of Medi-Cal beneficiaries, especially among those who have complicated health needs. The goals of CalAim:

1. "Identify and Manage comprehensive needs through whole person care approaches and social drivers of health".
2. "Improve quality outcome, reduce health disparities, and transform the delivery system through value-based initiatives, and modernization of, payment reform".
3. "Make Medi-Cal a more consistent and seamless system for enrollees to navigate and reduce complexity and increasing flexibility".

CalAim is looking to change health care for Californians. Specifically, through population health management, enhanced care management, community support (aka "In Lieu of Services"), dental care benefits, behavioral health delivery system transformation, service & supports for justice-involved youth, standard enrollment with consistent care benefits, and statewide dual eligible special needs plan.

CalAIM



By Rodwin De Guzman

Those who are already enrolled in Medi-Cal are already qualified for CalAim. CalAim eligibility is also for those who are:

- Older Californians above the age of 50
- Undocumented citizens
- People with serious behavioral needs (mental illness, emotional disturbance, substance abuse disorder, etc.)
- People living with disabilities
- People who were relieved from jail/prison who also have complications with their behavioral/physical health needs
- People experiencing homelessness who also have complication with their behavioral/physical needs.
- Foster Children/youth
- Children with complicated medical conditions (epilepsy, cancer, and congenital heart failure, etc.).

The first reforms have already been implemented in January 2022. Additional reforms will be implemented in phases through 2027.

EARTH DAY

Many Long Beach Gray Panthers members actively advocate for environmental justice with our partner organizations.

We are living at a time of a climate crisis. Our members are actively sharing their time to contribute locally and nationally on environmental justice issues.

Locally we have input our concerns to the City of Long Beach Climate Action and Adaption Plan (CAAP).

At the national level we are involved in policies to reduce greenhouse gasses and moving towards a green economy.

Join us at our standing committee meetings to learn more. All of the Long Beach Gray Panthers Board members are engaged in climate justice.



April 1, Vol 1, Issue #1

PANTHER PROWLs



Long Beach Gray Panthers inters from California State Uiveristy Long Beach
Photo credit: Chadd Ocampo

Calendar of Activities:

April 2022

2	10:30 am – 12:00 pm	LB Gray Panther General Meeting. In person	Long Beach Senior Center 1150 E. 4 th St
4	6:00 pm - 7:00 pm	LB Gray Panther Board Meeting	Via Zoom
8-10	Various Times	Acura Grand Prix – Check schedule for events	Gplb.com/weekend-schedule https://gplb.com
11	6:00 am – 7:00 pm	Outreach Committee Meeting	Via Zoom:
12	7:00 am – 9:00 am	Distracted Driver Observations Contact: Greenlight@Longbeach.gov	Volunteer to observe distracted driving at intersections.
12	4:00 pm – 6:00 pm	Distracted Driver Observations Contact: Greenlight@Longbeach.gov	Volunteer to observe distracted driving at intersections.
	10 am – 12:00 pm	Spring Breakfast Celebration	Senior Center 1150 E. 4 th St.
16	9:00 am – 11:00 am	Distracted Driver Observations Contact: Greenlight@Longbeach.gov	Volunteer to observe distracted driving at intersections.
17		Easter	
18	6:00 pm – 7:00 pm	Education Committee Meeting	Via Zoom
22	10:00 am – 12:00 pm	Earth Day Celebration	Long Beach Senior Center 1150 E. 4 th St.
25	6:00 pm – 7:00 pm	Advocacy Committee Meeting	Via Zoom

FRAUD ALERTS From AARP and the FBI

AARP Fraud Helpline 1-877-908-3360

- You can sign up for fraud alerts at [AARP.org/money/scams/fraud](https://www.aarp.org/money/scams/fraud)
- Never give out personal information over the phone – Social Security Number, Bank Account Number, Driver's License Number
- Do not answer calls from numbers/names you don't know
- Never give out pin numbers from gift cards over the phone.
- Never use gift cards to make payments – they are fraudulent. No one legitimate will ask you to pay with gift cards.
- [www.FBI.gov/scams](https://www.fbi.gov/scams) and safety to learn about the different types of internet scams.
- Do not give people whether or not you know them, access to bank accounts, or personal information.
- Do not open attachments to email or emails when you don't know the originator. You could open malware (emails with a virus that can damage your computer.

MAY 2022
Older Americans Month

SUN	MON	TUE	WED	THU	FRI	SAT
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- 1 Share a Lemon with a senior
- 2 International Harry Potter Day watch a video
- 3 Enjoy a Chocolate Custard with an older adult
- 4 Star Wars Day watch a video
- 5 Cinco de Mayo
- 6 National Nurse Day
- 7 Attend Senior Fest Senior Center 1150 E. Fourth St 10:00am- 2:00pm
- 8 Celebrate your mother
- 9 Share a glass of wine or a coffee with a senior
- 10 Help an older adult clean a room
- 11 Take an older adult to lunch or dinner
- 12 Write a limerick for an older adult
- 13 Blame Someone Else Day
- 14 Do the chicken dance with an older adult
- 15 Give a senior a Chocolate Chip Day
- 16 Honor Our LGBTQ Elder's Day
- 17 Share a Cherry Cobbler with an older adult
- 18 National Visit Your Relatives Day aka older adult!
- 19 Share a cupcake with an older adult
- 20 Pick Strawberries with an older adult
- 21 Recognize an Armed Forces Elder Day
- 22 Give a deck of cards to a senior
- 23 Give a Senior Taffy Day
- 24 Housing Forum at Senior Center 1150 E. Fourth St 4:00pm-7:00pm
- 25 Go for a walk with your favorite older adult
- 26 Share a Cheesecake with a senior
- 27 Share a Grape Popsicle with your favorite adult
- 28 Take an older adult out for a burger
- 29 Listen to a senior story
- 30 Take a flower to an older adult
- 31 Smile at an older adult

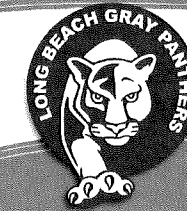
CHASE

Reminders, Notes, and Ideas

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PANTHER PROWLs

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www.longbeachgraypanthers.org

History of the Long Beach Gray Panthers Serving Seniors Since 1974

The Long Beach Gray Panthers began advocating and educating on older adult issues as an organization in 1974 and were founded by a group of older community activists who joined in the national fight to repeal the mandatory retirement age of 65 and to protest the Vietnam War. Partnering with over 75 community organizations, the Long Beach Gray Panthers continue to advocate for social justice, Medicare for All, affordable housing, environmental preservation and restoration, immigrant, civil and LGBTQ rights, fair taxation, preservation of Social Security and Medicare/Medi-Cal expansion, and building a livable community, for all.

With a motto of "Age and Youth in Action", the Long Beach Gray Panthers have joined together university students and older adults in the fight for social justice.

Our education and advocacy are based upon accurate, peer-reviewed research and expert opinions, to create policies for a fair and just society where older adults can age in security and dignity in a community that values them for their life experience, stories, and contributions to our community. We may be reached via email at longbeachgraypanthers@gmail.com, or via phone at 562-336-1595 or 562-353-7015



Presentation by US Census Representative, Ivy Ly, as we prepare to kick-off the U.S. Census count.

Senior Fest Coming to the Senior Center on May 7, 2022, 10am -2pm

The Fifth Annual Senior Fest is coming to the Long Beach Senior Center at 1150 E. 4th Street with vendors, speakers, raffles, food and entertainment. This year's theme will be Renewal: Mind, Body, and Spirit. After being under stay-at-home-orders for the past two years, older adults will be able to participate in activities that will support their well-being and ease the return to social engagement. Seniors will be able to speak to healthcare providers, education resources and learn about new programming opportunities as the Senior Center re-opens.

There will be an accompanying art exhibit at the new Senior Center art galley by artist, Jim Coke, titled "Know Justice, Know Peace" that will feature photographs taken by the artist during counterculture events and early concerts in the 1960's.

Primary Election June 7, 2022

Karen Reside, President

A primary election is coming on June 7. Are you registered to vote? LB Gray Panthers will be registering voters at Chase Bank at 401 E. Ocean Blvd on Saturdays from April 9 to April 23 between 10am – 2pm. We can help you with any questions about voting or the election. The LA County Registrar of Voters has launched a new website for voting and elections www.LAVOTE.GOV. You can follow your ballot as it is counted, check your voter registration and find your nearest vote center or ballot box drop off.

MediCare 4 All

Patty Clark, Volunteer Director

The efforts to expand medical care for everyone will continue. This will be a critical issue over the next year. Senator Bernie Sanders is expected to drop a new bill at the Federal Level soon. We will keep you posted as legislation moves forward.

Housing

Myron Wollin, Past President

Three HUD subsidized buildings have been put up for sale. Residents at Plymouth West, Providence Gardens and City View have been notified that their buildings are being sold. This could begin a trend as many of the HUD subsidized buildings contracts are nearing expiration.

The Good news is groundbreaking has occurred for the Long Beach Senior building on Pacific Coast Highway and MLK Blvd. The construction of 68 units is expected