

# The Aging Network

**Area Agency on Aging District 7, Inc.**

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties in Ohio*

**www.aaa7.org** **Helping You Age Better!**



## FALL-WINTER 2013

### Annual Report Released

Helpful information including consumer stories, statistics, and impact of services were among some of the items included in the Area Agency on Aging District 7's (AAA7) 2012 Annual Report that was recently presented during the Agency's Annual Meeting at Shawnee Lodge in Scioto County. The AAA7 provides services to ten counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The AAA7's 2012 Annual Report, "Expanding Our Mission," highlighted the variety of programs and initiatives made possible through the work of AAA7 staff, the Board of Trustees, Advisory Council, and provider organizations throughout the ten counties served by the AAA7. Stories sharing consumer experiences and how the variety of programs the AAA7 provides have helped them were a feature throughout the publication in addition to reports on a number of new initiatives that have supported and expanded the Agency's mission and vision. The programs provided through the AAA7 help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay.

"This Annual Report shares the many achievements, commitment and dedication by all who work to make available program options for older adults and those with disabilities," stated Pamela K. Matura, Executive Director of the Area Agency on Aging District 7. "Through the many stories and information surrounding the programs we provide, we hope that readers will have better knowledge of these services and the impact they make in providing resources that allow citizens in our 10 counties to remain in the one place they call their own...home."

The AAA7 2012 Annual Report is available to view online at the Agency's website, [www.aaa7.org](http://www.aaa7.org). At the home page, click the "AAA7 Information" link on the left side of the page. Once on this page, underneath "Publications," click on "Annual Report" and then "2012."

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### **Preventing Falls... One Step at a Time**

*Steady U is a statewide collaborative falls prevention initiative to help Ohioans know how to prevent falls one step at a time.*

*The AAA7 joins the Ohio Department of Aging on this important project. Learn more about Steady U on Page 3.*

## AAA7 Recognizes 31st Annual Senior Citizens Art Show Winners

The artwork of local seniors was showcased at the Area Agency on Aging District 7's (AAA7) 31st Annual Senior Citizens Art Show and Essay/Poetry Contest that was held at the Esther Allen Greer Museum and Gallery, located on the campus of the University of Rio Grande in Rio Grande, Ohio.

A total of 155 art pieces were entered in the Contest with 45 essays/poems. Special Awards were presented: "Victor Potts Best of Show Award" in the Amateur Category went to Bonnie McElroy of Scioto County for her oil piece entitled "Fruit"; "Victor Potts Best of Show Award" in the Professional Category went to Pat Thompson of Adams County for her pencil piece entitled "'Ol Guitar Man"; the "Mary Peck Friend of Animals Award" went to Jacki Byers of Ross County for her photography piece entitled "Egretta Arden"; the "People's Choice Award" went to Sharon Brown of Jackson County for her acrylic piece entitled "Sugar Run Mills in Pomeroy"; Best Overall Essay went to Lois Newman of Adams County for "A Lesson Learned from Mules"; and Best Overall Poem went to Charles Murray of Gallia County for "Springtime Perceptions."

Ohio residents age 55 or older were eligible to participate in the Art Show and Essay/Poetry Contest.



*Pictured top left is **Bonnie McElroy** of Scioto County, winner of the **2013 Victor Potts Best of Show in the Amateur Category**. She is pictured with her winning piece, "Fruit."*

*Pictured top right is **Pat Thompson** of Adams County, the winner of the **2013 Victor Potts Best of Show in the Professional Category**. She is pictured with her winning piece, "'Ol Guitar Man."*

*Pictured bottom left is **Jacki Byers** of Ross County, the winner of the **2013 Mary Peck Friend of Animals Award**. She is pictured with her winning piece, "Egretta Arden."*

*Pictured bottom right is **Sharon Brown** of Jackson County, the winner of the **2013 People's Choice Award**. She is pictured with her winning piece, "Sugar Run Mills in Pomeroy."*



**To learn more about the 2014 Art Show, please call 1-800-582-7277, ext. 22224.**

## AAA7 Supports Statewide Falls Prevention Initiative - Steady U

Did you know that 30 percent of adults age 65 and older living in the community fall each year? Did you know that an older Ohioan falls every two minutes and sustains a fall-related injury every five minutes, resulting in two hospitalizations each hour, an emergency room visit every eight minutes, and three deaths each day? Did you know that falls and fall-related injuries cost Ohio more than \$4.2 billion each year? Did you know that falling is not a natural part of aging, and most falls can be prevented?



**Preventing Falls...  
One Step at a Time**

Falls are an epidemic among older adults and the number one cause of injuries leading to emergency visits, hospital stays, and deaths in Ohioans age 65-plus. While residents age 65-plus make up 13.7 percent of our population, they account for more than 80 percent of fatal falls. According to the Ohio Department of Health, the direct treatment charges alone for fall-related hospitalizations among older Ohioans in 2009 was estimated at \$645 million. Add this to other medical costs, missed work for individuals and their caregivers, and lost productivity for employers, falls among older adults have an incalculable impact on all aspects of life in Ohio.

“STEADY U Ohio” is a statewide collaborative falls prevention initiative that was recently launched and supported by Ohio government and state business partners to ensure that every county, every community and every Ohioan knows how they can prevent falls, one step at a time. STEADY U Ohio’s website ([www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)) is the source in Ohio for falls prevention information, tools and other resources. The Area Agency on Aging District 7, Inc. (AAA7) joins with the Ohio Department of Aging and the STEADY U Ohio initiative to encourage individuals to educate themselves and their loved ones about the risk of falls and fall-related injury that increases as we age.

Part of the STEADY U Ohio initiative is expanding access to “A Matter of Balance,” an award-winning program designed to help individuals manage falls risks and increase activity levels. The initiative is working with community partners to make “A Matter of Balance” available in all 88 Ohio counties. Locally, the Area Agency on Aging District 7 offers “A Matter of Balance” in a number of counties with community coaches available in the area to teach the class. If you are interested in learning more about this class as a participant or serving as a community coach, please call the AAA7 at 1-800-582-7277 and ask for extension 22215.

“Falls among older Ohioans can negatively affect an individual’s health and sense of security, but can also have an impact on the entire family,” says Pamela K. Matura, Executive Director of the AAA7. “STEADY U Ohio is an important initiative to help bring falls prevention to the forefront of planning for individuals, families, healthcare providers, business and community leaders, and all Ohioans.”



### 5 Easy Things You Can Do to Prevent Falls

1. Increase your physical activity. Simple exercise, like walking or swimming at least 15 minutes a day, can help build muscle strength and improve balance, which can prevent falls. Exercise programs like Tai Chi that increase strength and improve balance are especially good.
2. See your eye doctor once each year. Age-related eye diseases, such as cataracts, macular degeneration and diabetic retinopathy can increase the risk of falling. Early detection is key to minimizing the effects of these conditions.
3. Review your medications. Talk to your doctor or pharmacist about the medicines you are taking and whether they may cause drowsiness or dizziness. Discuss things you can do to ensure you are taking your medicines safely.
4. Remove environmental hazards. Look around the house for anything that could increase the risk of falls, including poor lighting, loose rugs, slippery floors and unsteady furniture. Remove or modify these hazards.
5. Think, plan and slow down. Many falls are caused by hurrying. Slow down and think through the task you are performing. Be mindful of possible falls risks and act accordingly.



## **26th Annual Appreciation Brunch**

The Area Agency on Aging District 7's (AAA7) Annual Appreciation Brunch was held at the Southern Ohio Medical Center Friends Center in Portsmouth.

During the special event, several individuals and groups throughout the Agency's 10-county district were recognized for their service and dedication to not only the Agency as a whole, but more importantly, the communities and seniors served by the Agency.

Special awards that were presented at the event to individuals or groups included:

### **William A. Jenkins Award**

#### **(Outstanding Contributor to Our Southern Ohio Aging Network)**

This year's Area Agency on Aging District 7 "William A. Jenkins Award" was presented to Renee Ellis, Executive Director of United Scioto Senior Activities (USSA), Inc. The AAA7 presents the award annually to an outstanding contributor to the southern Ohio aging network. The announcement of the recipient of the award is kept secret until the day of the Appreciation Brunch and is the final award presented at the event.



Renee is a Scioto County native and graduated from Northwest High School in McDermott, where she still resides. Shortly after graduation, Renee began down a path that would take her along a journey of helping and working with seniors in her home county by way of a summer education program through USSA. In 1979, USSA (the Scioto County Multipurpose Senior Citizens Center) was founded, and she began her career there serving as Transportation Services Coordinator and Assistant to the Executive Director. In June of 1988, she became Executive Director at USSA, a title she continues to hold to this day. Over her years at USSA, Renee is proud of the many important services they have been able to provide to older adults in Scioto County. She is most proud of the opening of the Adult Day Center and the respite services provided for families caring for a loved one. She shares, "This service is so personal to me and I understand how important it is for the family caregivers. USSA is so happy to be able to provide this important support and assistance for families and caregivers. I feel very lucky to have had the opportunity to be a part of this organization, and look forward to our continued service and support for older adults in our community."

"During her tenure, the services available to older adults residing in Scioto County have grown and she continues to embrace new opportunities as they are presented, such as being one of the first senior organizations to embrace the AAA7's PASSPORT program as another way to help seniors in Scioto County," said Pamela K. Matura, Executive Director of the Area Agency on Aging District 7. "The consistent passage of not one, but two senior services levies speaks to her ability to connect with the greater community and maintain a business sense necessary to manage such funding."

The award is named in memory of William A. Jenkins, a native of Gallia County, who helped build the aging network in southern Ohio through the Area Agency on Aging District 7.

Pictured above is front row, left to right, State Senator Joe Uecker; Renee Ellis; and State Representative Doug Green. Back row, left to right, Alex Scharfetter with US Congressman Bill Johnson's Office; Andy Graham, Vice President of the AAA7 Board of Trustees; and Pam Matura, Executive Director of the AAA7.

### **Partnership Award**

This year's Area Agency on Aging District 7 "Partnership Award" was presented to ten local nursing facilities that participate with the AAA7's Person-Centered Care initiative. These facilities included: Best Care Nursing Facility in Wheelersburg (Scioto County); Eagle Creek Nursing Facility in West Union (Adams County); Edgewood Manor of Greenfield in Greenfield (Highland County); Heartland of Chillicothe in Chillicothe (Ross County); Huston Nursing Home in Hamden (Vinton County); Jenkins Memorial Health Facility in Wellston (Jackson County); Locust Ridge Nursing Home in Williamsburg (Brown County); Ohio Veterans Home in Georgetown (Brown County); Piketon Nursing Center in Piketon (Pike County); and River's Bend Health Care in South Point (Lawrence County).

The Person-Centered Care initiative surrounds “culture change,” a national movement designed to transform the way we think about and provide care to individuals, whether they are living independently, in an assisted living community, or in a nursing home. The goal of culture change is to move from an institutional model of care to a person-centered model, in order to create a more home-like environment. Person-centered living, no matter where someone lives, should promote the opportunity for the individual to direct his or her life to the greatest extent possible.



In October 2011, the AAA7 Regional Long-Term Care Ombudsman Program received funding from the Ohio Department of Aging to promote Person-Centered Care in nursing homes. Ten area facilities were chosen through a survey process to work with the AAA7 on a journey of person-centered care and culture change. Each facility identified at least two areas of practice to focus on, and AAA7 Ombudsmen and AAA7 Ombudsman Volunteers assisted facility staff with the process in order to meet the goals and objectives of the project.

Examples of some of the changes made surrounded the elimination of overhead paging, 24/7 access to food, the opportunity for residents to rise and go to bed at their preferred times, the creation of vegetable and flower gardens for residents to tend, and facility renovations and remodeling for a more home-like atmosphere.

Pictured above front row, left to right, Candy Simpson of Huston Nursing Home; Carol McGinnis of Piketon Nursing Center; Pierre Sweeney of Edgewood Manor of Greenfield; Mary Ann Wilburn of Heartland of Chillicothe; Mandy Stacey of Jenkins Memorial; and Julie Terry of River’s Bend Health Care. Second row, left to right, Greg Stout of Eagle Creek Nursing Home; Drew Vogel of the Ohio Veteran’s Home; Randi Kiphen of Best Care; Jeri Long of Jenkins Memorial; Scott Marshall of Heartland of Chillicothe; and State Representative Doug Green. Back row, left to right, Alex Scharfetter with US Congressman Bill Johnson’s Office; State Senator Joe Uecker; Andy Graham, Vice President of the AAA7 Board of Trustees; Pam Matura, AAA7 Executive Director; and Kaye Inoshita, AAA7 Director of the Regional Long-Term Care Ombudsman Program.

### **Trailblazer Award**

This year’s Area Agency on Aging District 7 “Trailblazer Award” was presented to the Chillicothe Veterans Affairs (VA) Medical Center. The Trailblazer Award is one that is presented to individuals, businesses or organizations that are recognized as pioneers – those that have blazed a trail to guide others with unique and innovative ideas or programs. Accepting the award on behalf of the Chillicothe VA was Dr. Jeffrey Hunter, Deputy Chief of Staff, and Keshia King, Veteran-Directed Coordinator at the Chillicothe VA. Not present at the presentation of the award, but very involved with the project, was Wendy Hepker, Facility Director at the Chillicothe VA; and Diane Cushing, Administrative Officer for Chillicothe VA Geriatrics and Extended Care.



In 2008, partnerships began to develop across the country between Area Agencies on Aging and VA Medical Centers to implement a new concept for the VA called “Veteran-Directed Home and Community-Based Services.” The new home-based program would allow the VA to shift more dollars from facility care to home and community-based care for veterans of all ages who are at-risk of nursing home placement. The program provides veterans with more flexibility surrounding the option of receiving and self-directing their long-term care services and supports at home. An example of services that a veteran may self-direct through the program include the supervising of their own personal care workers and other health maintenance services in order to remain safe and independent at home.

In 2011, the Area Agency on Aging District 7 and the Chillicothe VA began a partnership to develop this type of program for veterans in our area. Today, there are 26 states in the country operating Veteran-Directed Home and Community-Based Programs like the one between the AAA7 and Chillicothe VA. Ohio began the Veteran-Directed Program in June 2012, and is now

***(continued on Page 6)***

## Appreciation Brunch - *continued from Page 5*

home to the largest rural Veteran-Directed Home and Community-Based Program in the nation, with 100 veterans having been referred to the program locally since its inception.

Pictured at the bottom of Page 5 is, left to right, Pam Matura, AAA7 Executive Director; Vicky Abdella, AAA7 Director of Community Programs; Dr. Jeffrey Hunter, Deputy Chief of Staff at the Chillicothe VA Medical Center; and Keshia King, Veteran-Directed Coordinator at the Chillicothe VA Medical Center.

### **Intergenerational Award**

This year's Area Agency on Aging District 7 "Intergenerational Award" was presented to the Jackson Ironkids Program. Accepting the award was Susan Rogers, Director of RSVP of the Ohio Valley; John Rogers, Regional Resource Manager, Ohio Association of Foodbanks VISTA Program; Wally Burden, Pike County Health Commissioner and Board Chair for RSVP of the Ohio Valley; and John Balzer, Principal of Westview Elementary and representative for Jackson City Schools.

The Jackson Ironkids Program is a collaboration between RSVP of the Ohio Valley, Jackson City Schools, and the community. The program began as a dream of RSVP Volunteer Carol Downton. Downton is the Director of the Jackson Summer Free Lunch for Kids and has volunteered with RSVP for many years.



In the summer of 2012, Downton met with RSVP Director Susan Rogers about a way to develop a weekend "backpack program" that would send bags of "kid-friendly" food home with lower income children on the last weekend of the month, which is the time that families are likely to be running short on money. The Ohio Association of Foodbanks was willing to fund a position through its AmeriCorps grant to provide a full-time staff member for the project, and the J. Floyd Dixon Fund was willing to provide some start-up dollars. Soon after, John Rogers was selected as the Regional Resource Manager for the project. The Committee worked closely with Phil Howard, Superintendent of Jackson City Schools, to develop a plan for the backpack program to be implemented in all the elementary schools in the School District. The first distribution took place in December 2012, and the program continued to grow over the rest of the winter and spring, closing the school year with an enrollment of 156 kids.

"It is one of the best intergenerational programs we have ever managed," Susan Rogers says. "It gives our volunteers a chance to work with the kids in a way that truly makes a difference in the kids' lives, and brings happiness to the hearts of the volunteers for the work that they do!"

The AAA7 created the Intergenerational Award to recognize these types of opportunities that bring younger and older generations together.

Pictured above is, front, Susan Rogers, Director of RSVP of the Ohio Valley. Back row, left to right, AAA7 Executive Director Pam Matura; John Balzer, Westview Elementary Principal and representative for Jackson City Schools; John Rogers, Regional Resource Manager, Ohio Association of Foodbanks VISTA Program that manages the Ironkids Program for RSVP; and Wally Burden, Pike County Health Commissioner and Board Chair of RSVP of the Ohio Valley.

Special recognition was also given at the event to the following groups and individuals:

### **State Recognition**

Barb Barrett, South Central Ohio Job and Family Services, for being recognized at the state level in 2013 as the "Adult Protective Services Worker of the Year." Pictured at right is, left to right, AAA7 Executive Director Pam Matura, Barb Barrett, and AAA7 Assessor Brady Freeman.





## Appreciation Brunch - *continued from Page 6*

### **Regional Long-Term Care Ombudsman Volunteers**

Front row, left to right, Alex Scharfetter with US Congressman Bill Johnson's Office; State Senator Joe Uecker; Lavon Shields; Ronda Bivens; Jamie Daniels; and State Representative Doug Green. Back row, left to right, Andy Graham, Vice President of the AAA7 Board of Trustees; Pam Matura, AAA7 Executive Director; Rex Sanders, AAA7 Ombudsman; Kaye Inoshita, Director of the AAA7 Regional Long-Term Care Ombudsman Program; Cindy Oakes, Volunteer Coordinator for the AAA7 Ombudsman Program; and Hillary McGinnis. Not pictured are Mary Book, Carol Carter, Deborah Dailey, Jeannette Hayburn, Tim Huff, Lois Lemley, Doug McCoard, Lori Michael, Kevin Sheets, William Stitts, Jerry Towler, Autumn Trubee and Connie Watkins.



### **Art Show and Essay/Poetry Contest Volunteers**

Front row, left to right, Joyce Haag, Shirley Miller, Diana Evans, Annabelle Miller and Martha Detty-Foster. Second row, left to right, Alex Scharfetter with US Congressman Bill Johnson's Office, State Senator Joe Uecker, Jane Bragg, Vickie Powell, Doris Evans, Irena Skaggs and State Representative Doug Green. Back row, left to right, Andy Graham, Vice President of the AAA7 Board of Trustees; Pam Matura, AAA7 Executive Director; Lavon Shields; Bob Powell; Mary Maxson; Anna Summers; David Summers; and Susan Rogers, Director of RSVP of the Ohio Valley. Not pictured are Joan Arrowood, Shelia Arrowood, Alice Chinn, Jack Chinn, Phyllis Copley, Martha Deck, Gladys Flowers, Jeanne Fisher, Phyllis Fulk, Jean Gray, Jan Hayes, Jean Isreal, Martha Leach, Carolee Lewis, Pam Riley, Jim Skaggs, Phyllis Taylor and Pauline Wade-Kuhn.



Also recognized were winners at the 2013 Art Show including: Bonnie McElroy of Scioto County – "Victor Potts Best of Show Award" in the Amateur Category; Pat Thompson of Adams County – "Victor Potts Best of Show Award" in the Professional Category"; Jacki Byers of Ross County - "Mary Peck Friend of Animals Award"; Sharon Brown of Jackson County – "People's Choice Award"; Lois Newman of Adams County for "Best Overall Essay"; and Charles Murray of Gallia County for "Best Overall Poem." Pictured are, left to right, State Senator Joe Uecker; Bonnie McElroy; Lois Newman; and State Representative Doug Green. Back row, left to right, Alex Scharfetter with US Congressman Bill Johnson's Office; Andy Graham, Vice President of the AAA7 Board of Trustees; and Pam Matura, Executive Director of the AAA7.



### **Outstanding Seniors (As Selected by Each County Senior Center)**

Outstanding Seniors selected by their county Senior Center who were in attendance included, front row, left to right, Mary Elizabeth Flanagan (Scioto County), Mary Whitt (Pike County), Joan Cox (Pike County), Jean Mangan (Pike County), Mary Grace Chaney (Adams County) and Doris Wood (Jackson County). Back row, left to right, Alex Scharfetter with US Congressman Bill Johnson's Office; State Senator Joe Uecker; Andy Graham, Vice President of the AAA7 Board of Trustees; Pam Matura, Executive Director of the AAA7.; Linda Holmes (Lawrence County); Ed Holmes (Lawrence County); and State Representative Doug Green. Not pictured are Bob Hennesey (Gallia County); Jeannette Knauff (Highland County); Ben Forshey (Jackson County); Rushie McAllister (Jackson County); Stanley Bixler (Ross County); and Jeanette Hill (Ross County).



The Area Agency on Aging District 7 was pleased to host another successful Appreciation Brunch to extend its thankfulness and appreciation to all the individuals and groups who make the district so special.



**Area Agency on Aging District 7, Inc.**

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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs.

## **AAA7 Quick Notes - News Snippets for Your Information!**

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- ✓ **2014 BOARD OF TRUSTEES MEETINGS** - February, April and June Meetings will be held at the OSU Endeavor Center in Piketon. Locations for the other months will be announced at a later time. Meeting dates and times are as follows:
  - February 19 at 12:30 pm
  - April 16 at 12:30 pm
  - June 18 at 12:30 pm
  - August 25 (Appreciation Brunch - details to be announced at a later time)
  - October 15 at 1:00 pm - Shawnee Lodge and Conference Center (After Annual Meeting)
  - December 17 at 12:30 pm
  
- ✓ **LONG-TERM CARE REPORT** - Ohio has shown significant progress in long-standing efforts to rebalance long-term care, according to a recently released report by the Scripps Gerontology Center at Miami University in Ohio. Report findings point to the essential role played by Ohio Area Agencies on Aging. You can read the report, "*Maybe Elephants Can Dance: Two Decades of Progress in Delivering Long-Term Services and Supports in Ohio*," at [www.scripps.muohio.edu](http://www.scripps.muohio.edu).
  
- ✓ **LOOKING FOR A SPEAKER?** - We love to speak at community meetings and functions! Call us at 1-800-582-7277, ext. 22224 to schedule the AAA7 for your next meeting. We also love to attend community events and local health fairs or other similar activities. Call our toll-free number to inform us of the details and we will work on making the arrangements to attend!