



NEWS RELEASE – Area Agency on Aging District 7

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Wellness Classes Resume at AAA7 – Diabetes Self-Management Telephone Class to Begin Late June

Wellness classes provided by the Area Agency on Aging District 7 (AAA7) are starting back up after a time off due to the coronavirus pandemic. While physical distancing requirements remain in place, a creative solution to offer the programs has been developed.

Beginning June 30th, 2020 through August 4th, 2020, the AAA7 will be offering the popular Diabetes Self-Management Program through a telephone conference call. The format will allow the AAA7 to connect and support class participants while learning valuable tools to manage diabetes. The telephone conference classes will be facilitated by AAA7 staff through a toll-free call-in number. Classes will be held weekly from 1:00 pm until around 1:45 pm.

Those who are interested must pre-register for the class. Once registered, participants will receive a free Diabetes Self-Management kit in the mail and the conference call information prior to the start of the class. The kit includes the book, “Living a Healthy Life with Chronic Conditions”, a relaxation CD, and handouts for each class. Contents in the kit will be used for the weekly calls. Participation in the weekly telephone conference calls is required to receive the kit at no cost.

Residents 60 and older in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton counties are eligible to register at no cost. To register for the class, please call the AAA7 at 1-800-582-7277 and ask for Hannah at extension 247, or e-mail info@aaa7.org. In order to receive the materials in the mail in time for the start of the class, registration deadline is June 18th.

Those who are interested are encouraged to register to stay socially connected and enhance their diabetes self-management skills.

The AAA7 will be offering other wellness classes in the future using this format or an online format. Classes include Chronic Pain Self-Management, Chronic Disease Self-Management, and Tools for Caregivers. Please call 1-800-582-7277 and ask for Hannah at extension 247 for any questions or more information. You can also e-mail info@aaa7.org.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence,

Pike, Ross, Scioto and Vinton. These services are available to 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. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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