



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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**AAA7 and Shawnee State University**

**OT Program to Provide Community Education in Chillicothe**

The Area Agency on Aging District 7 (AAA7) and the Shawnee State University Occupational Therapy (OT) Program are joining together to provide community education through a series of in-person presentations set for select locations throughout the AAA7's ten-county district.

Historically, the two organizations have worked together to provide community education through the AAA7's "Matter of Balance" falls prevention program and livestreams through the AAA7's Facebook page.

This upcoming series will focus on the benefits of Occupational Therapy, low impact exercises that can improve strength and mobility, as well as further education on community resources that can help individuals stay in their home and community. The presentation will be conducted by graduate students in the Occupational Therapy Program at Shawnee State University. It's a wonderful way to support students in their education as well as provide the community with important and beneficial information that can support their health and well-being.

A session is scheduled in Ross County at Hopeton Terrace, located at 153 University Drive in Chillicothe, on Thursday, March 21<sup>st</sup> at 1:00 pm. Everyone is welcome to attend. If you have questions, please call the Area Agency on Aging District 7 at 1-800-582-7277 or email [info@aaa7.org](mailto:info@aaa7.org).

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their residence of choice 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 specially-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](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

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