

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



SPRING 2020

In This Issue

Senior Citizens

Art Show Canceled

Page 2

Wellness Programs

Postponed

Page 2

Wellness Tip of the Day

Page 2

Senior Farmers' Market

Nutrition Program

Expansion

Page 3

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click on the red box at the
top of the page and
follow the instructions.

Stay in touch
with the AAA7!

AAA7 Adjusts Business Operations During Coronavirus Pandemic

The Area Agency on Aging District 7 (AAA7) reminds the public that AAA7 and its network of service providers are considered part of the essential services during the COVID-19 (coronavirus) pandemic. The AAA7 serves the most vulnerable populations according to the Centers for Disease Control (CDC), covering ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

While the Agency has had to make some modifications with business operations, the AAA7 remains open and ready to respond to the needs of older adults, their caregivers, those living with a disability, and individuals with chronic diseases. Due to the current pandemic and protocols in the State of Ohio for physical distancing, AAA7 local offices in Rio Grande, Waverly, West Union and Wheelersburg are no longer open to the public for "walk in" appointments; however, the Agency Resource Center is available via phone (1-800-582-7277) to answer questions or provide information on resources in the community. Phone lines will be open Monday through Friday from 8:00 am until 4:30 pm, or you can e-mail the Agency at info@aaa7.org.

Assistance the AAA7 can provide over the telephone includes community resources during the pandemic, information on long-term care community-based services for seniors and those with disabilities, and general information about service providers and contacts in your local community that provide services for long-term care in the home.

Please note that the AAA7 cannot provide medical advice over the telephone. Medical questions need to be directed to your primary care physician or local healthcare facility. For questions regarding the coronavirus (COVID-19), please call the Ohio Department of Health at 1-833-4-ASK-ODH (1-833-427-5634). A vast amount of information is also available on the Ohio Department of Health special website that is updated daily at www.coronavirus.ohio.gov. The AAA7 will also continue to post special and helpful information at its website located at www.aaa7.org on the Home Page under "Happening Now" and then "COVID-19 Information and Resources," in addition to the AAA7 Facebook page. On the AAA7 website, you will find a number of helpful links to guide you through the pandemic.

AAA7 Senior Art Show Canceled for 2020; **Wellness Classes Postponed**

The Area Agency on Aging District 7 (AAA7) has made the decision to cancel its annual Senior Citizens Art Show due to the coronavirus (COVID-19) pandemic. The health and safety of the participants and local communities is vitally important to the AAA7.

Originally scheduled for late May and early June, the Art Show would have been celebrating its 38th year. The Show historically features art work and written poems and essays from participants age 55 and over. These not only include individuals from the ten counties the AAA7 serves (Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Scioto, Ross and Vinton), but also anyone outside of the district who wishes to participate.

Rather than postponing the event until later in the year, the AAA7 will look forward to the next Art Show that will be held during May and June of 2021.

If you have any questions surrounding the AAA7's Art Show, please do not hesitate to contact Jenni Lewis, Director of Community Outreach and Training at the AAA7, at 1-800-582-7277, extension 22224, or by e-mail at jlewis@aaa7.org.

AAA7 Wellness Programs, that are provided throughout the district over the year, are also postponed due to the coronavirus pandemic. These include the following classes: Chronic Disease Self-Management, Chronic Pain Self-Management, Diabetes Self-Management, and Tools for Caregivers. Classes that were already scheduled are on hold until further notice. Once classes are rescheduled, already scheduled participants will be notified and information and announcements will be sent to the media, in addition to being posted on the AAA7's website and social media Facebook page.

If you have questions about the AAA7's Wellness Programs, please call 1-800-582-7277 or e-mail info@aaa7.org.

AAA7 Offers "Wellness Tip of the Day"

The Area Agency on Aging District 7 (AAA7) announces a new feature to provide helpful wellness tips and encourage active and healthy lifestyles among seniors and throughout local communities. "Wellness Tip of the Day" will be shared on Mondays and Thursdays through the AAA7 website and social media Facebook page. The AAA7 serves ten counties in southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The idea for the new feature came from the need to postpone scheduled wellness classes due to the coronavirus pandemic. Wellness classes the AAA7 provides include Chronic Disease Self-Management, Diabetes Self-Management, Chronic Pain Self-Management, Matter of Balance Falls Management, and Tools for Caregivers. Through the new feature, the AAA7 can continue to provide wellness information and helpful resources for seniors and the community to utilize in their daily lives.

To access the wellness tips, simply follow the AAA7's social media Facebook page under "Area Agency on Aging District 7," find the tips on the AAA7's website at www.aaa7.org, or sign-up for the AAA7's e-mail news list. A registration form for the e-mail news list can be found on the AAA7's website at the top of the Home Page.

Join us for...

Wellness Tip of the Day

Every Monday and Thursday
at www.aaa7.org
and our
Facebook Page



Senior Farmers' Market Nutrition Program Expansion

During the Summer of 2019, the Ohio Department of Aging announced that part of the State budget for 2020-2021 would include funding to support an increase in access to healthy, locally grown, fresh fruits and vegetables for older Ohioans. Historically, this type of access has been offered through the Senior Farmers' Market Nutrition Program, which provides eligible older adults with \$50 in coupons each growing season to use at participating farmers' markets and roadside stands to purchase produce.



The Senior Farmers' Market Nutrition Program (SFMNP) is a federally funded program administered by the United States Department of Agriculture's Food and Nutrition Services Agency and in Ohio, by the Ohio Department of Aging (ODA). ODA provides additional state funds to support SFMNP operation within Ohio.

Prior to the expansion of funding in Ohio, the Senior Farmers' Market Nutrition Program was available in 45 of Ohio's 88 counties. In the Area Agency on Aging District 7's (AAA7) ten-county district, Ross County was the lone county that was designated to participate in the program. Now, thanks to the increased funding in the State budget, the AAA7 is able to expand the SFMNP to the other counties in the district including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Scioto and Vinton.

As part of the expansion process, the AAA7 is seeking farmers to participate in the SFMNP from the nine counties that have been added to the project (Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Scioto and Vinton). To become a participating farmer, the following criteria must be met:

- Must be an individual who grows and sells authorized, local produce, herbs and/or honey at farmers' markets or road stands in the nine counties mentioned beforehand.
- Participate in a training for new farmers participating in the SFMNP.
- Follow and comply with guidelines and responsibilities as set forth by the Ohio SFMNP.
- Provide information to the appropriate oversight agencies about the farmers' market/roadside stand including name, location, hours of operation and other operational information.
- Meet set USDA regulations and meet any training requirements as determined.

Any **farmers** who are interested can print an application online by visiting the AAA7's website at www.aaa7.org. Farmers can also call the Agency toll-free at 1-800-343-8112 with any questions or e-mail FarmersMarket@aaa7.org.

For **seniors** interested in participating in the program and to be eligible for the \$50 in coupons for this year, individuals must live in one of the ten counties included in the AAA7's district. Individuals must be age 60 or over at the time of application and households must be at 185% of the poverty level. In a household, both the husband and wife can be eligible separately for the coupons. Individuals can only receive the \$50 in coupons (ten \$5 coupons) one time per year and items must be purchased from authorized farmers only. Please note that there will be a delay in the mailing of the coupons until the stay at home order in the State of Ohio has been lifted. At this time, the earliest the coupons will be mailed is late June to begin use in July and continue through October. The AAA7 will continue to accept applications in the meantime and answer any questions concerning the program. Applications can be found on the AAA7's website at www.aaa7.org, under the "Happening Now" section on the Home Page, or you can call 1-800-343-8112 to request and application or to ask any questions. The Agency can also be reached via e-mail for applications or questions at FarmersMarket@aaa7.org.

"We at Area Agency on Aging District 7 are committed to rolling out this exceptional program throughout our region," stated Nina R. Keller, Executive Director of the AAA7. "For many years, we have requested expansion money so eligible individuals in all of our ten county region would have the opportunity to improve their nutrition through increasing their consumption of fresh fruits and vegetables. This is a win for the individual senior and for the farmer who can receive reimbursement for their locally grown produce. We encourage individuals who might be eligible and farmers who want to participate to contact us today!"



Area Agency on Aging District 7, Inc.

F32-URG, PO Box 500 • 160 Dorsey Drive • Rio Grande, OH 45674-0500

Toll-Free Number: (800) 582-7277 • TTY: 711 (Relay Ohio)

Website: www.aaa7.org • E-Mail: info@aaa7.org • Find Us on Facebook!

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 specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs.

Coronavirus Information and Resources on www.aaa7.org

The AAA7 has listed helpful and important information about the current coronavirus pandemic on its website. Links are updated and new ones posted frequently. Some of the information you can find includes:

- CDC Coronavirus Updates
- Ohio Coronavirus Updates
- Information About Frauds and Scams
- Information for Caregivers
- Checklists for Older Adults/Chronic Conditions
- Checklists for Caregivers
- Stress Management Information

You can find this information at www.aaa7.org. On the Home Page, look under “Happening Now” and then click on “COVID-19 Information and Resources.”

Quick Bits

AAA7 Resource Directory

Did you know the AAA7 has a wealth of resource information on our website? Search for resources in your county that provide a number of services and programs to keep you or your loved one safe and healthy at home. Go to the AAA7’s website at www.aaa7.org, click on “Find a Service” and “Search for Services.” You can also click on “Find a Service” and “County Resource Directories” and find county-specific providers for each of our ten counties. We also have a Resource Directory with service information for those under the age of 60, as well as those interested in behavioral health resources.

Medicare Questions?

Call us at 1-800-582-7277, ext. 250 with your Medicare questions or to learn more about programs that could save you money on your prescriptions through Medicare Part D.