

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 2021

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Sign-Up for Our E-Mail News!!

Go to www.aaa7.org,
click on the red box at
the top of the page and
follow the instructions.

Stay in touch
with the AAA7!

Medicare Savings

Do you know if you are eligible for the Medicare Prescription Drug Plan Discount? There are many individuals in our district who are unaware they are eligible to receive this wonderful assistance. The Area Agency on Aging District 7 (AAA7) is able to provide this service through the Medicare Improvements for Patients and Providers Act (MIPPA) grant from the Ohio Department of Aging. This project provides outreach to and enrollment assistance for individuals who may be eligible for the Low-Income Subsidy ("Extra Help") and/or Medicare Savings Program, as well as other Medicare premium assistance programs.

Low Income Subsidy (LIS) or "Extra Help" is a discount plan that can lower your prescription co-pays; cover all or part of your Medicare Part D monthly premiums; or eliminate the "donut hole" of coverage for your medications. Part D is Medicare's prescription drug coverage and is available to anyone eligible for Medicare Part A or Part B. Those with Medicare may enroll in Part D coverage through either a stand-alone plan or a Medicare Advantage plan. To be eligible for "Extra Help," income guidelines and qualifications must be met, and the AAA7 can help determine whether you might be able to benefit from this program, and if so, assist you with the application process.

Each year, our Agency conducts outreach to our communities in order to better identify those who might be eligible for the "Extra Help" and Medicare Savings Programs. Last year in 2020, eligible individuals who reached out to us, or were determined eligible after enrolling in one of our Medicaid-waiver programs, qualified for either the Medicare Savings Program, the "Extra Help" Program, or in some instances, qualified for both programs. In addition, individuals who called to have their Medicare drug comparisons checked during the "Open Enrollment" period, which runs from October 15th through December 7th each year, were also able to save money simply by changing their Medicare Part D provider. **In all, through the special**
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It's Senior Farmers' Market Nutrition Program Time!

\$50 in Coupons Available for Eligible Participants Currently Recruiting Farmers and Participants!

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.

To be eligible for the \$50 in coupons, individuals must live in the ten counties included in the AAA7's district which include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. 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.

Applications can be found on the AAA7's website at www.aaa7.org, under the "Happening Now" section on the Home Page and then the link for "Interested Participants," or you can call **1-800-343-8112** to request an application or to ask any questions. The Agency can also be reached via e-mail for applications or questions at **FarmersMarket@aaa7.org**. Those interested must complete an application each year and use the current year's application form.

"We at the Area Agency on Aging District 7 are committed to this exceptional program that helps seniors throughout our region," stated Nina R. Keller, Executive Director of the AAA7. "For the first time last year, we were able to expand the program to all of our ten county region, improving the nutrition of older adults through increasing their consumption of fresh fruits and vegetables. This program 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!"



Medicare Savings...continued from Page 1

programs or drug plan comparisons, our Agency was able to save all the individuals we worked with over the year a combined total of \$2,528,000 in 2020! These savings have made a huge impact on peoples' lives!

All of the individuals we were able to reach out to throughout our communities during the year were also assisted in additional ways, including Medicare Part D sign-ups, help with finding a Medicare supplemental insurance, providing other services made available through our Agency, and references to additional community organizations that may be able to help.

If you would like to find out if you are eligible for "extra help" with your Medicare Part D coverage, call us - we can help! If you are single and your gross income is below \$1,630, or you are married and your combined gross income is below \$2,198, you may qualify for assistance. Contact Kristy Bowman at our Agency Monday through Friday from 8:00 am until 4:30 pm toll-free at 1-800-582-7277, extension 250 or info@aaa7.org to learn more. We can complete the application over the phone in just a few minutes. In addition, we can also assist you with any other Medicare questions you might have.

Virtual Art Show Showcased in May

The Area Agency on Aging District 7 (AAA7) is featuring a virtual Art, Essay and Poetry Showcase on the Agency's website throughout the month of May which is observed across the nation as Older Americans Month.

In the past, the AAA7 has hosted an in-person Art Show during May and June. Last year in 2020, due to the coronavirus pandemic, the decision was made to cancel the in-person version of the showcase and move it to a virtual format. This year, the Art Show will remain as a virtual event in order to promote safe social distancing and healthy protocols for our communities.



As was the set-up last year, a variety of artwork and written pieces will be featured. There will be no judging as usually takes place during the in-person Art Show.

"Although we weren't able to join together again this year, we feel we have created an option for those in our community to participate either as an artist or as someone who appreciates art," said Jenni Lewis, Director of Community Outreach and Training at the AAA7. "We are excited to offer this showcase as a way for seniors to share their talent with others."

The Showcase can be viewed starting the first full week of May by logging on to the Agency's website at www.aaa7.org. On the Home Page, there is a box with a link to the "Virtual Art Show". Art and written pieces will be listed for each individual who has participated.

If you have questions, please reach out to the AAA7 at 1-800-582-7277 or e-mail info@aaa7.org.

Social Media Features

Join us daily on Facebook for special features!

Mondays - "Medicare Monday" and "Wellness Tip of the Week" - Learn a fact or tip about Medicare in addition to a special wellness tip to keep you thinking healthy and positive!

Tuesdays - "Staying Safe and Healthy" - Stay on top of current information regarding the coronavirus pandemic.

Wednesdays - "Wellness Wednesday" - Join us for this weekly livestream that gives you a little taste of our telephone and virtual wellness classes!

Thursdays - "Coffee Break" - Learn more about AAA7 programs and services through this bi-weekly livestream.

Fridays - "Functional Friday" - A partnership with Shawnee State University's Occupational Therapy Program. Even though the livestream is ending April 30th, a library of information including past recordings and helpful resources is included at www.aaa7.org. Featured is information on chronic condition management and older driver safety.



Our Resource Center is OPEN and available to answer your questions about home and community-based resources in your community!

1-800-582-7277 - info@aaa7.org



OLDER
AMERICANS
MONTH



COMMUNITIES OF STRENGTH: MAY 2021

May is Older Americans Month!!

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is "Communities of Strength," recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially-distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.



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