

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



SUMMER 2022

In This Issue

50 Years of Service

Page 2

New Partnership for
Family Caregivers

Page 3

Suicide Awareness/
Prevention Training

Page 4

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Celebrating 50 Years in 2022

2022 marks 50 years of home and community-based services that the Area Agency on Aging District 7 has provided to the community.

The AAA7 was founded in 1972 when Rio Grande College in Rio Grande, Ohio, was selected to sponsor one of only a few model projects in Ohio that were funded by the US Administration on Aging to focus on the ways and means to assist older adults living within the district. The Area-Wide Model Project developed social services such as transportation and information and referral for older Americans in four counties, including Gallia, Jackson, Meigs and Vinton. Grants from the federally-legislated Older Americans Act (OAA) of 1965 and related amendments provided the funding for services, and agency operations were later expanded to ten counties including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Meigs County was later transferred from the AAA7 to the Area Agency on Aging District 8, based in Marietta. Today, the AAA7 is one of twelve Area Agencies on Aging throughout the state of Ohio and has five office sites through its district with Administrative Offices in Gallia County (Rio Grande) and satellite offices in Adams County (West Union), Pike County (Waverly) and Scioto County (Wheelersburg).



(continued on Page 2)

Nina R. Keller Retires from AAA7

Nina R. Keller, MSW, LSW, former Executive Director of the Area Agency on Aging District 7 (AAA7), recently retired on June 30, 2022. Ms. Keller had been serving in the Executive Director role since April 2019. Prior to, she was the Interim Director beginning in November 2018.

Ms. Keller started with the AAA7 in December 1990 when she was hired as a Care Manager for AAA7's Care Coordination Program, then moved to being the AAA7 Planner in 1992, and continued in this position until she was named Assistant Director and Director of Planning in January 2001. In her role as Director of Planning, she was responsible for the development and



(continued on Page 2)

50th Anniversary...continued from Page 1

Program growth in the Agency has occurred over the last 50 years, with many programs and services being added over time. Services the AAA7 provides are available for seniors and those living with a disability who meet a nursing-home level of care, yet wish to remain in their own homes. The AAA7 provides assistance with developing a care plan for each consumer that meets their needs with services that allow them to remain safe and independent at home. Services are available for seniors age 60 and older and for those of any age living with a disability and are determined based on eligibility. Services an individual could receive include personal care, home-delivered meals, emergency response systems and transportation, just to name a few.

Other services provided through the AAA7 include service coordination for selected apartment complexes in the district, emergency home repair assistance, caregiver support, wellness programs, nutrition services through home-delivered meals and congregate settings, help with Medicare questions and determining eligibility for assistance programs, and advocacy for those receiving long-term care services in a facility or in the community through the Regional Long-Term Care Ombudsman Program. The Agency's Resource Center is available to help answer questions and determine some of the eligibility with a simple phone call to the Agency. Those who feel they might benefit from the types of services mentioned here, or who know of someone who might be able to benefit, are encouraged to give the Agency a call. Trained staff at the Agency are ready to assist callers with determining what resources are available either within the Agency or in the community in order to make long-term care options easier to understand and determine.

Recently, the AAA7 has been engaged in a number of activities and initiatives designed to support the rapidly increasing older adult population. Over the last ten years, a number of projects have been a part of the AAA7's work, including:

- Working with three local hospitals on post-discharge assistance to reduce re-admissions and assist individuals upon the return home after a hospital stay.
- Enhancing the Agency's Aging and Disability Resource Center to serve as a resource for the community with assistance involving in-home and long-term care options.
- Adding care management services for the Ohio Home Care Waiver program for those under the age of 60 and the Specialized Recovery Services program for those with severe and persistent mental illness or those living with a chronic condition. Through these two programs, the AAA7 expanded their counties served to include: Athens, Clermont, Hamilton, Hocking and Meigs.
- Started a partnership with the Chillicothe Veterans Affairs Medical Center on the Veteran Self-Directed Program that allows Veterans of any age to self-direct the care they receive in their home. This program covers eleven counties including Adams, Fayette, Highland, Hocking, Jackson, Meigs, Pickaway, Ross, Scioto and Vinton. Through this particular program, the AAA7 added two more counties served (Fayette and Pickaway).
- The Hospital2Home program was added as a voucher program for those eligible who are being discharged from hospital to home. Services provided can include personal care, home-delivered meals, and telephonic assistance to help individuals returning to their homes after a brief hospital stay to reduce the chance of readmissions.
- The COVID-19 pandemic saw a number of initiatives developed through the AAA7 to help local communities stay engaged throughout the adjustments. The AAA7 was deemed essential employees throughout the pandemic and continued providing needed services. One of these programs developed included "Porch Talk", a telephone reassurance program that is still available as a service to the community.

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



Keller Retires...continued from Page 1

implementation of a four-year Strategic Plan and completion of annual Operational Elements for the AAA7's ten-county area, as well as the oversight of several state and federal programs. As Assistant Director, Keller was also responsible for Agency operations and oversight of programs.

In her Executive Director role, Keller served as the chief administrator, directing the affairs of the AAA7 and maintaining responsibility for the implementation of policies and programs for the benefit of older adults and/or at-risk individuals. She also represented the Agency at national, state and local level meetings and conferences, and advocated on behalf of the population served by the Agency. In addition, she served as the certified HIPAA Privacy Officer for the AAA7, in addition to leading the Agency during its role as essential employees during the coronavirus pandemic.

Keller has participated in a number of national and state level presentations as well as maintaining professional affiliations at state, regional and local levels. She received her Bachelor of Science from the University of Rio Grande and earned her Master's in Social Work from The Ohio State University.

"I have been very fortunate to spend my career in service to some of the most vulnerable individuals in our southern Ohio communities. To have done this with a group of colleagues that have a shared vision of caring has truly been a gift," said Ms. Keller upon leaving.

AAA7 Announces Partnership to Benefit Family Caregivers

The AAA7 has developed a partnership with Tualta, an online learning platform for family caregivers, to support families managing care for loved ones at home.

Tualta helps families build skills to manage care at home, improve caregiver confidence, and can reduce caregiver stress by providing the information and resources caregivers often need...all in the comfort of their own homes. Sponsored by the AAA7, family caregivers are now able to visit the new caregiver portal at aaa7.trualta.com. All you need is a computer, tablet/laptop, or smartphone to access the site anytime it works in your schedule. The site is easy to use for all ages, completely private, and available 24/7.

Through Tualta's library of online information, caregivers can easily access resources to learn how to safely provide hands-on care and connect families with reliable support agencies. In addition, information in a variety of formats is available, as well as video training from experienced professionals in a quick and easy format. For low-vision users or for caregivers who prefer audio instructions, Tualta also offers a "read to me" function. Caregivers may also print out information as desired.

Anyone caring for an older adult, a grandchild, or individual with intellectual or developmental disabilities will benefit from Tualta's support, whether they are seeking personal care training, safety and fall prevention tips, help caring for a person with dementia, caregiver wellness ideas, or other support.

For more information, contact the AAA7 Caregiver Support Program at 1-800-582-7277 or e-mail caregiver@aaa7.org. To sign-up for the free caregiver portal through Tualta, log on to aaa7.trualta.com or access through the AAA7's website at www.aaa7.org by clicking on the "Tualta" ad on the main page.

aaa7.trualta.com ←



Suicide Awareness/Prevention Trainings Continue

The AAA7 continues to offer the community an important training for suicide awareness and prevention called **QPR: Question, Persuade, and Refer.**

QPR offers lay persons and professionals the opportunity to participate in a training to respond to a life-threatening event: suicidal crisis. Teachers, coaches, local clergy, police officers, and any community individual can learn the QPR method to help recognize signs and clues of suicidal behavior, how to approach and communicate with a suicidal person, and where to refer them for assistance.



Upcoming virtual training dates include **October 4th and December 6th**. The training will last a couple hours and attendees will receive materials ahead of time to use in the training.

If you or someone you know would be interested in participating, or if you have questions about the training, please call the AAA7 Training Department at 1-800-582-7277, extension 252, or e-mail info@aaa7.org. To register for the training, log on to www.aaa7.org, go to the "Training" tab and click on "Training Registration".



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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.