

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

www.aaa7.org Helping You Age *Better!*



SPRING 2012

Marking 40 Years of Service to the Community!

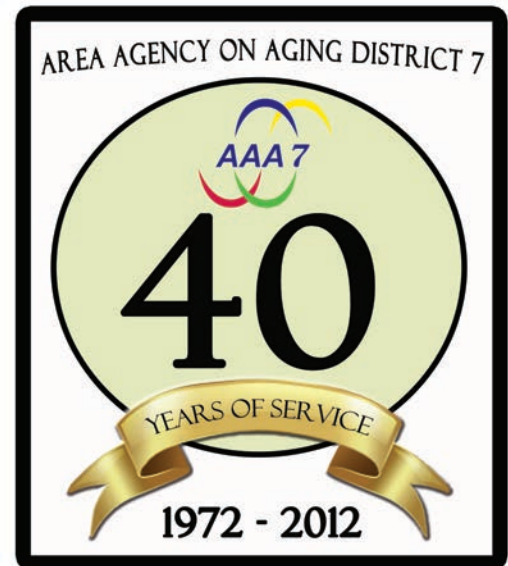
2012 marks 40 years of home and community-based services that the Area Agency on Aging District 7 has provided to the community. The Agency, which covers ten counties in southern Ohio, has a number of events planned throughout the year to celebrate, including the unveiling of a special logo to commemorate the milestone.

The AAA7 was founded in 1972 when Rio Grande College in Rio Grande, Ohio, was selected to sponsor one of only four 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 four office sites through its district with the Administrative Office in Gallia County (Rio Grande) and

satellite offices in Adams County (West Union), Pike County (Waverly) and Scioto County (Portsmouth).

Program growth in the Agency occurred throughout the years, and over the 40 years, many programs and services have been added. The services the AAA7 provides are available for seniors and those with disabilities 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 those with disabilities, 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 surround service coordination for selected apartment complexes in the district, emergency home repair assistance, the regional long-term care ombudsman program, and caregiver support. 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

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A Walk Down Memory Lane

Pamela K. Matura - Executive Director



2012 is an exciting year for our Agency as we celebrate 40 years of service to our district! As you read the feature story

on the front page, our Agency was founded in 1972, and since that time, has experienced much growth as an organization. Let's take a stroll down memory lane and look back at our growth and expansion since we were first called 40 years ago to develop social services for older Americans.

In 1978, the AAA7 added the Regional Long-Term Care Ombudsman Program, a service mandated in the Older Americans Act (OAA) that receives, investigates and acts on complaints by older individuals and their families who are residents of long-term care facilities, and advocates for the well-being of such individuals. We also added the responsibility of the Nutrition Program, funded through the OAA, to provide congregate dining opportunities

40 Years...continued from Page 1

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 is 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. Most recently, the AAA7 has been engaged and involved in a number of activities and initiatives designed to support the rapidly increasing older adult population. The Agency is working with local hospitals on post-discharge assistance and transition to home; as well as enhancing the Agency's Aging and Disability Resource Center, which is designed

and home-delivered meals through a network of dining sites and rural routes throughout our ten counties.

In 1990, the largest expansion of services took place when the AAA7 became the administrative agency for the PASSPORT (Pre-Admission Screening System Providing Options and Resources Today) Medicaid Waiver program. This program, which provides in-home services to older adults age 60 and over who medically qualify for nursing home placement and meet specific financial eligibility requirements, includes in-home, case-managed services such as personal care, home-delivered meals, medical transportation, adult day care, emergency response systems, and durable medical equipment. The AAA7 currently offers this program through the traditional method or self-directed option.

Other services that have been added over the years include Care Coordination, a case-management program for those who are not eligible for PASSPORT; Service Coordination, available for older adults or disabled individuals who reside in selected apartment

to serve as a resource for the community with questions involving in-home and long-term care options.

"We are so delighted to celebrate 40 years of service to our community in 2012," commented Pamela K. Matura, Executive Director of the AAA7, who has been with the Agency since 1989. "Over the years, we have grown as an Agency, but have still kept to our mission of assisting individuals to maintain independence and personal choice by providing resource options and services. Seniors and those with disabilities are so important to us and we continue to advocate for vital services that allow them to live safely and independently in their home.

complexes in the area; the Home Repair Program, that provides emergency home repair assistance for those older adults or disabled individuals in need; the National Family Caregiver Support Program, designed to assist the role of the caregiver with information, referral and support, as well as a special focus on grandparents who are raising their grandchildren; and the Assisted Living Waiver Program, that assists individuals living in assisted living communities throughout the district.

As you read in the feature article, most recently, the AAA7 has been working with our local hospitals on post-discharge assistance and enhancing our Aging and Disability Resource Center. We strive to identify opportunities and activities that allow us to continue supporting our mission of "Assisting individuals to maintain independence and personal choice by providing resource options and services." We continue to advocate for seniors and those with disabilities with our state and federal legislators, and enjoy participating in community events and activities in order to share the resources available through our Agency.

Thanks to a wonderful Provider network and supporting agencies and organizations in the community, we have been able to provide these needed services and programs to our communities for the past 40 years. It's been exciting to watch our Agency develop over the years, and we are thrilled to celebrate this important milestone for our organization along with our communities served."

The Agency is planning an Anniversary celebration at its annual Appreciation Brunch which is held during June in Portsmouth. Additional events for staff and the community will continue throughout the year to celebrate the special milestone.

Ohio's Area Agencies on Aging Achieve Superior Consumer Satisfaction Ratings

Consumers gave Ohio's 12 Area Agencies on Aging (AAA) a better than 99 percent approval rating throughout 2011, according to a recent consumer satisfaction survey of all AAAs, conducted by the Ohio Department of Aging. Consumers rated their satisfaction through their participation in programs offered by AAAs, which include home and community-based long-term care options for older adults and those with disabilities.

Pam Matura, Executive Director of the Area Agency on Aging District 7 (AAA7), which covers ten counties in southern Ohio, says the results are evident of the great work AAAs are doing throughout the state in not only providing consumers with the options they want when it comes to their long-term care, but also by providing consumers with the kind of care they feel satisfied and comfortable with.

AAAs were created by the Older Americans Act of 1965. The Act directs AAAs to advocate for and to serve older Ohioans, their families and caregivers. In all 88 Ohio counties, AAAs provide information and referral to local programs and pre-admission screening and assessment for people seeking long-term care. AAAs also provide care management for older adults receiving long-term care services, including the PASSPORT program. The AAAs provide care transitions programs to keep people in their homes and communities rather than nursing facilities, as well as offer elder rights, wellness, prevention, education and respite programs.

The ten counties the AAA7 serves include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. During calendar year 2010, the AAA7 served 24,350 older

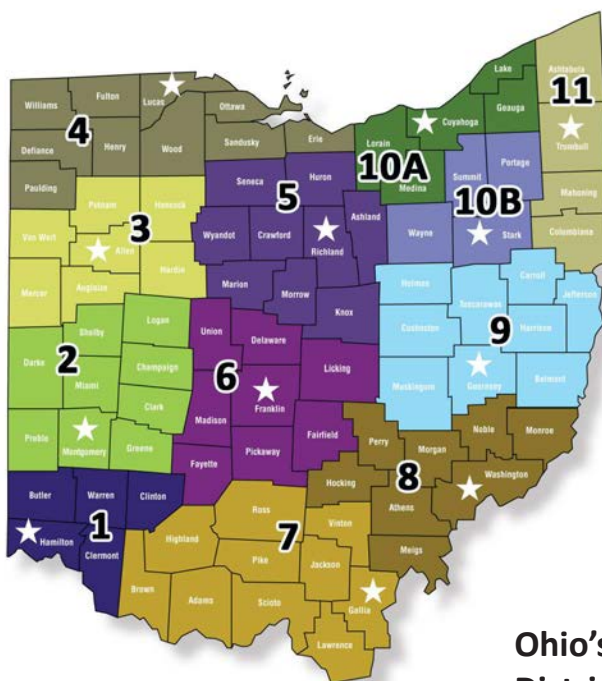
adults and individuals with disabilities in its ten counties across all care management programs.

This past October, the AAA7 released their most recent Annual Report, which can be found on the Agency's website at www.aaa7.org under the "Publications" link. The Report features consumer stories and further information about the services made possible through the AAA7 that provides home and community-based long-term care options for older adults and those with disabilities.

"We are happy to serve as a resource for our communities whenever they are seeking more information regarding long-term care options," says Matura. "Most older adults and those with disabilities want to remain in the comfort of their own home. Thankfully, the AAA7 is here to assist individuals and their families with learning more about what options are available and providing the services



that allow them to be in the one place they call their own – home. We hope that when those in the community want to learn more about what options are available to them, they will remember to call our Agency. We have trained staff that are available to help them do just that – understand their options, learn what resources are available, and receive the long-term services that support their positive and safe living environment."



Advocacy. Action. Answers on Aging.

Ohio's 12 Area Agencies on Aging District Map

AAA7 Assisting Lawrence County Seniors with Home-Delivered Meals

Although the home-delivered meals provided by the Ironton-Lawrence County Community Action Organization (ILCCAO) recently stopped, due in part to the defeat of the Lawrence County Senior Citizen's levy, many seniors in Lawrence County continue to receive their home-delivered meals, thanks to the Area Agency on Aging District 7 (AAA7). The region served by the AAA7 is made up of ten of the most southern counties in Ohio, including Lawrence County. This non-profit organization has provided information, assistance, and services for 40 years to older adults and their families.

Home-Delivered Meals is a service that is provided to eligible seniors nationwide through federal funding, called the Older Americans Act. Some other funds, such as Medicaid, can also provide home-delivered meals for eligible individuals over age 60. The AAA7 receives these funds, and then contracts with agencies and organizations to provide in-home services, such as home-delivered meals, to those seniors who qualify. Additional services could include homemaking, personal care, emergency response systems, transportation, etc.

In the past, the home-delivered meals service in Lawrence County was provided by the Ironton-Lawrence County Community Action Organization (ILCCAO) through a contract with the AAA7. Unfortunately, with the defeat of the Lawrence County Senior Citizen's levy, the ILCCAO determined they could no longer provide the required matching funds to continue serving the home-delivered meals to seniors in Lawrence County. Realizing the impact this loss of service would have on many seniors in Lawrence County, the AAA7 acted quickly so that Lawrence County seniors would continue receiving their meals at home. For many of the seniors,

their home-delivered meal service has not been interrupted as a result of the ending of the ILCCAO Meals on Wheels Program.

"The Ironton-Lawrence Community Action Organization has been a partner with us in serving the residents of Lawrence County for almost 30 years, but we understand with the financial issues created by the defeat of the levy, they have had to make some very tough decisions," stated Nina R. Keller, Director of Planning and Assistant Director with the Area Agency on Aging District 7. "Our commitment is to continue to provide much needed services through contracts with other organizations and agencies. We are pleased that other service providers



stepped up quickly so that seniors did not go without the home-delivered meals they need."

To inquire about home-delivered meals or other services provided through the AAA7, call 1-800-582-7277, Monday through Friday, from 8:00 am until 4:30 pm.

AAA7 Board Members Recognized for Service

At the AAA7 Board Meeting held in December at the Lake White Club in Waverly, three Board Members were recognized for their service on the Board as their term came to an end at the completion of 2011. Those recognized were, seated left to right in the picture below, **Chuck Harper** from Lawrence County (1992-1996 and 2006-2011), **Doug Green** from Brown County (2006-2011), and **Harold Walker** from Highland County (1993-1997, 1999-2004 and 2006-2011). Not present, but also recognized, was **Patricia Strickland** of Pike County (2006-2011). The outgoing Board Members were presented with a plaque to mark their years of service and dedication to the AAA7. Also pictured below with **Pam Matura**, Executive Director of the AAA7 (pictured standing, fourth from the left), are Board Members **Gary Fenderbosch** of Gallia County, **Kathleen Finnegan** of Adams County, **Deanna Tribe** of Vinton County, **Andy Graham** of Jackson County, **John Stultz** of Ross County, **Alice Ward** of Pike County, and **Tammy Nelson** of Scioto County.



Training Prepares Leaders to Offer Chronic Disease Self-Management Classes in the Community

A number of community members were recently trained to lead and continue Chronic Disease Self-Management Classes, entitled “Healthy U”, in their community, thanks to the Area Agency on Aging District 7 (AAA7). The four-day training was facilitated by AAA7 staff members Vicky Abdella, RN, and Vicki Woyan, both Master Trainers for the Stanford University-developed Chronic Disease Self-Management Course. With the completion of the training, 17 community members are now able to continue these important classes in Gallia, Highland, Jackson, Lawrence, Pike and Ross Counties.

“We are excited to see so many healthcare organizations and community members volunteer their time to bring these exceptional classes to the communities in our region,” stated Vicky Abdella, RN, Director of Community Services at the AAA7. “This program, developed by Stanford University, has proven outcomes related to a beneficial effect on a health-related quality of life for individuals, as well as reductions in healthcare expenses. We invite and urge individuals to give a class a try and see for themselves. We also welcome inquiries from healthcare professionals to learn more about the program as they may identify individuals who could benefit from the class.”

The newly trained leaders represent a number of backgrounds including healthcare professionals, those who are caring for someone with a chronic disease, and individuals living with chronic disease, making it easier for them to identify with those taking the class. Classes are highly interactive and focus on encouraging the individual to self-help while also encouraging others to overcome the barriers of living with a chronic condition.

If you have long-term health challenges such as asthma, arthritis, heart disease, diabetes, or other conditions, and wish to gain confidence and new skills to manage the condition, this class is what you have been waiting for. The program consistently results in individuals having more energy, being more physically active, and having an overall improvement in their health and emotional well-being.

Interested individuals should call the AAA7 toll-free at 1-800-582-7277 and ask for extension 215 or 254 to inquire about or register for a class in their community. Anyone is welcome to attend the free six-week workshop. Don't wait, call today, and pre-register for a class in your community to support a healthier you.



Class Participants

1st Row – Left to Right: Cindy Goodman, Hopeton Village; Martha Bell, Community Member; Debbie Lackey, Heartland of Jackson; Nancy Gully, Bristol Village; Catherine Coburn, Heartland of Riverview; and Dorothy Kratche, Interim Health Care.

2nd Row – Left to Right: Vicky Abdella, AAA7 Master Trainer; Lisa Tackett, Bristol Village; Calea King, Holzer Long-Term Care; Mary Taylor, Community Member; and Vicki Woyan, AAA7 Master Trainer.

3rd Row – Left to Right: Laura Tennant, Cambridge Home Care; Bud Treadway, Community Member; Debbie Rhude, Heartland of Hillsboro; Kim White, Community Member; Charity McDermott, Holzer Medical Center-Jackson; Kelly Ramey, Holzer Long-Term Care; Bill Pfeifer, Holzer Medical Center-Jackson; and JD Stevens, Heartland of Hillsboro.

AAA7 Joins Nationwide Campaign to Encourage Discussion and Planning About Hospital Stays with Older Adults

Cost Savings and Better Health Outcomes Cited as Reasons for Older Patients and Their Caregivers to Actively Plan for Hospital Stays

Returning home from a hospital stay can result in unexpected challenges for many seniors and as a result, millions of older Americans are spending billions of dollars on healthcare costs every year that could be avoided through simple planning and preparation prior to being admitted to the hospital. Nearly one in five Medicare patients discharged from the hospital is readmitted within 30 days due to an injury resulting from medical management – not the underlying disease – costing over \$26 billion every year. Some studies have found that between 40 percent and 50 percent of readmissions are linked to social problems and lack of community resources.

Eldercare Locator, a public service of the U.S. Administration on Aging that is administered by the National Association of Area Agencies on Aging (n4a), recently launched a national campaign encouraging older adults, caregivers, and their families to discuss potential hospital visits and start planning ahead for a smooth transition from the hospital to the home. Locally, the Area Agency on Aging District 7 (AAA7) is supporting the campaign by raising awareness for more effective care transitions in the ten counties included in their district – Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. The AAA7 provides home and community-based services to older adults age 60 and older and disabled individuals over the age of 18.

“We strongly encourage the families in the counties we serve to take some time to address these issues and plan

ahead so that when medical issues arise, a plan is in place,” said Bonnie Dingess, MSW, LISW, Director of Long-Term Care Programs at the AAA7. “Consumers can save on healthcare costs and most importantly, save lives.”

Eldercare Locator and the United Hospital Fund’s Next Step in Care (www.nextstepincare.org) released a consumer guide that can be used by families and caregivers to lead the discussion. The guide, which provides planning tips for pre-hospital check-in as well as post-checkout from the hospital, is available on the AAA7’s website at www.aaa7.org. Some of the questions the public is encouraged to address prior to being admitted to a hospital include: What do you need to bring? If you are not going to be well enough to care for yourself when you are released, where will you go? Will you need help getting around? Will you need equipment and supplies? Will you be able to take the appropriate medications without help the first days out of the hospital? Who will assist you? How long will you need assistance?

“As we age, the likelihood of a hospital stay increases and it is critical to plan before that time arrives,” said Kathy Greenlee, Assistant Secretary for Aging, U.S. Department of Health and Human Services. “We encourage families and caregivers to take advantage of their time with older relatives to talk about the brochure’s important cost-saving and potentially life-saving tips.”

Currently, the AAA7 is working with local hospitals within its district con-

cerning ways to improve the transition from hospital to home. In addition, the Agency works with a number of physicians, home health agencies, and nursing facilities throughout its ten-county district to achieve the aim of the Care Transitions Program in improving the health and well-being of individuals in our communities.

For more information about the “Hospital to Home” consumer guide, please contact the AAA7 toll-free at 1-800-582-7277, or e-mail info@aaa7.org. The guide is also available on the AAA7’s website at www.aaa7.org. When on the website, click on the “Provider Resources” link on the left side of the Home Page. Then, click on “Additional Resource Links.” At the bottom of the next page, click on “Hospital to Home – Plan for a Smooth Transition.”

HOSPITAL TO HOME
Plan for a Smooth Transition

For Assistance, Call Your Local Resource:
 Area Agency on Aging District 7
 1-800-582-7277
 TTY: 711
info@aaa7.org
www.aaa7.org

eldercare locator
 Connecting You to Community Services

Volunteer Ombudsmen Make a Difference

Looking for an opportunity to make a real difference in the lives of others? If so, the Area Agency on Aging District 7, Inc. (AAA7) has an opportunity for you or someone you know who may be interested in helping provide a voice for residents in long-term care nursing facilities.

Through the AAA7's Volunteer Ombudsman Program, these special helpers visit nursing home residents on a regular basis to provide them with a link to the outside world. Through these visits, Volunteer Ombudsmen help to lessen the isolation and loneliness many residents experience. Volunteers also provide an essential voice for residents, providing advocacy and assistance for those who have concerns about their care.

Volunteer Ombudsmen plan their own schedules, are permitted to visit any day of the week, and are provided hands-on training and technical assistance by the AAA7's Ombudsman Program Staff. Volunteers are recognized during an annual event and invited to various AAA7 training programs and conferences at no cost.

Doug McCoard, a Volunteer Ombudsman from Pike County, who volunteers in Scioto County, does feel that he has made a difference for residents of nursing homes who are unable to speak for themselves. "What I like best about my role as a Volunteer Ombudsman is that I have the opportunity to not only speak for residents, but also provide residents with the encouragement and assistance to speak for themselves. It's what keeps me going back every week knowing that I am providing a voice for residents who may not feel they have one."

Gallipolis resident John Brewer feels he is giving back to the community when he volunteers his time in the Ombudsman Program. "I experience a lot of enjoyment and satisfaction through

my time as a Volunteer Ombudsman," Brewer comments. "I am always welcomed with open arms by residents I come in contact with as they know I have their best interests at heart."

Volunteer Ombudsman Ronda Bivens, of Vinton County, also has great things to say about her newly acquired volunteering role and the opportunity she has to help others. "I always enjoy my wise, wonderful, and thoughtful conversations with residents," says Bivens. "Many residents are lonely and need to feel they are still valuable members of society."

"Volunteer Ombudsmen are in-

valuable to the AAA7 Ombudsman Program and the residents they serve," says Kaye Inoshita, RN, Director of AAA7's Ombudsman Program. "Through their wonderful service, volunteers provide a regular presence in our large ten-county service region while assisting with concerns regarding resident care."

If you are interested in volunteering for an organization that makes a difference in the lives of others, please contact Cindy Oakes, Volunteer Coordinator, or Kaye Inoshita, toll-free at 1-800-582-7277.

A Note About Senior Expo

It is the time of year when we begin to plan our annual Senior Expo. This event has taken place over many years each September at the Scioto County Fairgrounds. In the past few years, you will remember, we have had to cancel the event a couple times due to budget cuts and other similar concerns. Most recently, in 2011, the event was cancelled due to state budget cuts.

Our Agency has held several discussions over the continuation of the Senior Expo event. While it has been a worthwhile and fun event for our community for many years, our discussions have involved a great number of factors that are part of the planning and holding of an event of this magnitude. The Expo has served a wonderful purpose for many years, but our Agency feels that it is time to look at the development of a similar, yet different event that can also serve many purposes at once including wellness, education, advocacy, information sharing, and much more.

Therefore, Senior Expo will not be carried on as it has in the past and the event has been cancelled for this year. We are looking at creating a "new" type of Expo that will be held indoors offering health screenings, information sharing and counseling, healthy snacks, wellness promotion, and the opportunity to hear a speaker or two with a motivation or healthy lifestyle topic. While this is all in the preliminary stages and discussion, we are excited about the opportunities this type of "new" event can bring to our communities. We certainly ask that you continue to help us celebrate the event and hope you will continue to help us by serving as participants, sponsors, supporters and cheerleaders!

Details will be forthcoming concerning our new event and when it will be held, but we hope you will join us in feeling excitement about a new opportunity that can also give our seniors and the communities a fun day while promoting wellness and healthy lifestyles.

If you have any further thoughts regarding this new venture, please feel free to contact our Communications Manager, Jenni Dovyak-Lewis, at 1-800-582-7277, extension 224, or by e-mail at jdovyak@aaa7.org.



Area Agency on Aging District 7, Inc.

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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 nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs.

30th Annual Senior Citizens Art Show May 14-18 and May 21-25

The artwork of local seniors will be showcased at the Area Agency on Aging District 7's (AAA7) 30th Annual Senior Citizens Art Show that will be held May 14 through 18 and May 21 through 25 at the Esther Allen Greer Museum and Gallery, located on the campus of the University of Rio Grande in Rio Grande, Ohio.

Talented Ohio residents age 55 or older, who have entered artwork in the Show, will have these items on display at the Gallery daily from 10:00 am until 2:00 pm Monday, May 14 through Friday, May 18, and Monday, May 21 through Friday, May 25. The public is invited to visit the Gallery at anytime during the days and times mentioned to view the artwork and also vote for the People's Choice Award. In addition, a special

Tea to recognize the participants and award-winning art pieces will be held at the Gallery on Friday, May 25 from 1:00 pm until 3:00 pm. All participants, their guests, Museum and Gallery visitors, and the public are welcome to attend.

Examples of art categories that can be entered in the Contest include acrylic, charcoal, counted cross stitch, mixed media, oil, pastels, pencil, and photography. Judging themes include abstract, animals and birds, cartoons, floral, landscape, portraits (humans), seascape, and still life. In addition, an essay/poetry category is also available with these entries included as part of the display at the Gallery. Participants in the variety of categories represent the counties served by the AAA7 which include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

For more details about the Art Show, please call the Area Agency on Aging District 7 toll-free at 1-800-582-7277 (TTY: 711).

Greer Museum

