

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 2015

Medicare Prescription Drug Discount - Saving Money for Individuals in Our District!

Are you or someone you know 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. A simple phone call to our Agency can help determine whether you meet the eligibility requirements. 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 and/or Medicare Savings Program, as well as other Medicare premium assistance programs.



Each year, our Agency conducts outreach to our communities in order to better identify who might be eligible for the “Extra Help” and Medicare Savings Programs. Just last year, in 2014, 91 people, who called our Agency to inquire about the program, learned they were eligible, and all combined were able to save a total of \$306,435.00 for an average savings of \$3,367.42 per person. In addition, we were able to save 993 individuals an additional \$223,590.00 in savings by running Medicare Part D comparisons and changing their Part D plans for an average savings of \$225.17 per person during the open enrollment period for Medicare in 2014. **That’s a grand total of \$530,025.00 saved just last year! Over a half-million dollars of savings for individuals in our district!**

And that savings is also good for our local communities as dollars saved can be turned in to increased support for local businesses and entities.

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 “doughnut 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. 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. Call us at 1-800-582-7277 to learn more.

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33rd Annual Senior Citizens Art Show to Open May 26th

The artwork of local seniors will be showcased at the Area Agency on Aging District 7's (AAA7) 33rd Annual Senior Citizens Art Show that will be held May 26-29 (Tuesday through Friday) and June 1-5 (Monday through Friday) at the Esther Allen Greer Museum, located on the campus of the University of Rio Grande and Rio Grande Community College in Rio Grande, Ohio.

Ohio residents age 55 or older, who have entered artwork in the Show, will have these items on display at the Museum daily from 10:00 am until 2:00 pm Tuesday, May 26th through Friday, May 29th, and Monday, June 1st through Friday, June 5th. The public is invited to visit the Museum at any time during the days and times mentioned to view the artwork and also vote for the Show's People's Choice Award. In addition, a special Tea to recognize the participants and award-winning art pieces will be held at the Museum on Friday, June 5th from 1:00 pm until 3:00 pm. All participants, their guests, Museum visitors, and the public will be welcome to attend.

Examples of art categories that were 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, seascape, and still life. In addition, an essay/poetry category was also available with these entries included as part of the display at the Museum. 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.

33rd Annual Senior Citizens Exhibit Art Show - Photography - Poetry - Essay

Sponsored by the Area Agency on Aging District 7



Museum Hours to View Artwork
May 26 - 29, 2015 (Tuesday - Friday)
June 1 - 5, 2015 (Monday - Friday)

10:00 am - 2:00 pm

Meet the Artists Tea

Friday, June 5, 2015

1:00 pm - 3:00 pm

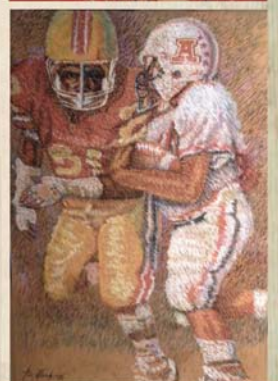
**University of Rio Grande
 Rio Grande, Ohio
 Esther Allen Greer Museum**



**For more information, call
 1-800-582-7277
 or e-mail info@aaa7.org**

*Pictured Upper Right:
 2014 Victor Potts Best of Show Winner
 Amateur Category - Oil
 "Molly at 14" by Gretchen Huffman, Highland County*

*Pictured Lower Right:
 2014 Victor Potts Best of Show Winner
 Professional Category - Pastels
 "Moving in for the Tackle" by Pat Thompson, Adams County*



Upcoming CEU Trainings Provided by the AAA7

June 22nd - Conducting Safe Home Visits

July 15th - Adult Protective Services 201

August 12th - Traumatic Brain Injury

October 7th - Sensitivity to Aging

October 27th - DRIVE (for PASSPORT and OAA Providers)

November 18th - Stress Management



For more information, see our Training Calendar at www.aaa7.org, or contact us at 1-800-582-7277.

Positive Response to “Alive Inside” Documentary Screening

Recently, the Area Agency on Aging District 7 (AAA7), Shawnee State University, and Hill View Retirement Center in Portsmouth partnered together for a special showing of *Alive Inside*, an award-winning documentary that explores the healing power of music for people with dementia.

The documentary, which was featured locally at the Flohr Lecture Hall on the campus of Shawnee State University in Portsmouth, is by Michael Rossato-Bennett and explores the power that music can have to revitalize individuals through the experience of listening to music. The film follows Dan Cohen, the founder and executive director of Music & MemorySM, a program which uses custom playlists on digital music players to reconnect people with dementia to the world around them. The film won the 2014 Sundance Audience Award.

Music & MemorySM is an example of the type of person-centered innovation that Ohio is embracing, and its principles and practices hold tremendous potential for older Ohioans and their caregivers. Community involvement is crucial and volunteers can offer much help in terms of donating equipment and sharing their time enjoying music with nursing home residents.

The Ohio Department of Aging and the Office of the State Long-Term Care Ombudsman are helping nursing homes across the state become certified to offer Music & MemorySM to their residents. Locally, the AAA7 Regional Long-Term Care Ombudsman Program is the contact for this exciting venture.

“Music and Memory is a person-centered approach to dementia care and offers numerous benefits including reduced use of anti-psychotics and improved resident and staff satisfaction,” said Kaye Inoshita, RN, Director of the Regional Long-Term Care Ombudsman Program at the AAA7. “It is one tool in the person-centered care toolbox, and the AAA7 Regional Long-Term Care Ombudsman Program is excited to work with our local nursing homes on this important project!”

Following the local showing, a panel discussion took place featuring Jamie Daniels, RN, Staff Ombudsman with the Area Agency on Aging District 7; Maggie Selby, MS, RN, Assistant Professor at Shawnee State University; Dr. Christine Raber, Professor in the Master of Occupational Therapy Program at Shawnee State University; and Ginny Pinson, BSN, MPH, Assistant Professor at Shawnee State University. Panelists engaged in dialogue with the audience about the importance of the film and the positive effects music can have on health and healing.

In addition, the Shawnee State University Occupational Therapy program hosted an iPod drive in conjunction with the screening. For more information about donating, please contact Dr. Christine Raber at Shawnee State University at (740) 351-3530 or craber@shawnee.edu.

To learn more about Music & MemorySM in Ohio, log on to www.aging.ohio.gov/services/music-memory. Or, you can contact the AAA7 Regional Long-Term Care Ombudsman Department at 1-800-582-7277 or info@aaa7.org.



*Assisting at the recent showing of the documentary “Alive Inside” at Shawnee State University was, front row, left to right, **Maggie Selby, MS, RN**, Assistant Professor at Shawnee State University; **Jamie Daniels, RN**, Staff Ombudsman at the Area Agency on Aging District 7; **Ginny Pinson, BSN, MPH**, Assistant Professor at Shawnee State University; **Kaye Inoshita, RN**, Director of the Regional Long-Term Care Ombudsman Department at the Area Agency on Aging District 7; and **Dr. Christine Raber**, Professor in the Master of Occupational Therapy Program at Shawnee State University. Back row, left to right are Shawnee State University Occupational Therapy students **Nick Roberson**, **Lauren Baker**, **Alyssa Burns**, **Courtney Coe**, **Tasha Harris** and **Stephen Ludwig**. **Courtney Coe**, **Tasha Harris** and **Stephen Ludwig**.*

County Commissioners Proclaim Older Americans Month in May

In observance of Older Americans Month, representatives from the AAA7, local senior centers, and RSVP of the Ohio Valley (in Gallia, Jackson, Lawrence, Pike and Scioto Counties) met with each County Commission in our ten-county district for a proclamation signing to observe the special month. Pictured first row, Adams County and Brown County. Second row is Gallia County and Highland County. Third row is Jackson County and Lawrence County. Fourth row is Pike County and Ross County. On Page 5, is Scioto County and Vinton County.



May is Older Americans Month - "Well Beyond 60!"

Did you know that what you do to and for yourself throughout your lifespan has a greater impact on your well-being than genetics? You may think that you are too old to make meaningful changes to your health, but there is ALWAYS something you can do to be healthier, avoid injury, keep chronic conditions in check and live "Well Beyond 60!"



Each year, Ohio and the nation recognize May as Older Americans Month to celebrate our older adults as vital members of society who continue to grow, thrive and contribute. The Ohio Department of Aging chose the theme "Well Beyond 60!" for this year's celebration to raise awareness of the many ways older adults can and are living longer, healthier and more active lives.

Did you know that three out of four adults over the age of 60 have some type of chronic health condition, such as diabetes, arthritis, high blood pressure or lung disease? In fact, the National Council on Aging says that the odds of having two or more of these conditions increases significantly with age. Evidence shows that adults who take an active role in managing their health and healthcare report better health outcomes and more satisfaction with life.

Falls are also a big issue for older Ohioans. One in three Golden Buckeyes will fall this year. For some, a single fall could result in a life-altering injury; however, falls are not a normal part of aging and most falls can be prevented with minor changes to your home, health and habits.

There are more than 2.3 million Ohioans over the age of 60, and another two million baby boomers, living in our state today. Comprising more than 40 percent of our population, these individuals have much to contribute by sharing their knowledge and experiences, mentoring younger generations, learning new skills and remaining in or returning to the workforce. Plus, older adults who stay active through volunteering and other activities see improved physical and mental health, according to the Corporation for National and Community Service.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

Visit the Ohio Department of Aging's website (www.aging.ohio.gov) for more resources to help you or a loved one live "Well Beyond 60!" including STEADY U Ohio, HEALTHY U Ohio and related programs, or call the Area Agency on Aging District 7 at 1-800-582-7277 to learn more about Chronic Disease Self-Management classes (Healthy U) and "Matter of Balance" falls management classes that are provided locally.



Medical Innovative Readiness Training for Meigs County and Surrounding Region June 2-11

Buckeye Hills-Hocking Valley Regional Development District and the Meigs County Commissioners secured a Medical Innovative Readiness Training for Meigs County and the surrounding communities, partnering with the 7241st Medical Support Unit, Army Reserve Medical Command from Lexington, Kentucky.

Innovative Readiness Training provides real world training opportunities for our nation's military service members and units to prepare them for their wartime missions while supporting the needs of America's under-served communities.

Plans are now underway for the Ohio River Medical Mission June 2-11 from 8:00 am until 5:00 pm daily at Meigs High School, located at 42091 Pomeroy Pike in Pomeroy, Ohio. All mission services are provided at no charge and are provided by trained medical, dental, vision and veterinary professionals. There will be no appointments; services are provided on a first-come, first-served basis with limited slots available. Any resident living in the area can receive no-cost treatment. There are no age, geography, income or insurance requirements.

Services will include, but are not limited to: general health screenings; school sport physicals; dental screenings, extractions, and x-rays; vision screenings including visual acuity, screenings, prescriptions for glasses or contacts, and single-vision glasses; behavioral health screenings; and community referrals. No pain medications will be available on site. Participants should bring a list of current prescribed medications, herbal supplements and over the counter drugs with name, strength and dose.

In addition, a veterinary services mission will be hosted June 3-11 from 8:00 am until 5:00 pm daily at the Meigs County Fairgrounds at 41850 Fairgrounds Lane in Pomeroy, Ohio. On June 2nd, there will be no public services, only animals from the local Humane Society will be served. The veterinary services will include: basic screenings; spay/neuter (cats and dogs only; limit of 10 per day); and rabies and canine/feline distemper vaccinations. There are no appointments; services on a first-come, first-served basis with limited slots daily. No large animals.

The Area Agency on Aging District 7 was delighted to be asked to be a part of this special event and will be assisting with the check-out process, along with other state and local agencies.

There are no appointments for either mission location. Please do not call the High School; recorded event details are available at 1-800-331-2644 Option 6. For transportation, call 740-367-7341. More information in the graphic above.

Ohio River
MEDICAL MISSION

7241st Medical Support Unit, Army Reserve Medical Command, Lexington, KY

No-cost Mission Services:
Meigs High School
42091 Pomeroy Pike • Pomeroy, OH

- + General Health Screenings
- + School sports physicals
- + Dental screenings, extractions, and x-rays; no pain medications (Tylenol)
- + Vision screenings (visual acuity, prescriptions for glasses or contacts, single-vision glasses)
- + Behavioral health screenings
- + Community referrals
- + All services are provided by trained medical, dental and veterinary professionals. Any resident living in the area can receive no-cost treatment. There are no age, geography, income or insurance requirements.

There are no appointments. Services are on a first-come, first-served basis with limited slots daily.

June 2-11
8 a.m. - 5 p.m.

Need Transportation?
Call: 740-367-7341

Sponsors & Supporters:

- Area Agency on Aging 7 & 8
- Buckeye Hills-HVRDD
- Corp. for Ohio Appalachian Development
- CPC, Ink
- Farmer's Bank
- Gallia-Meigs Community Action
- Governor's Office of Appalachia
- Hocking-Athens-Perry Community Action
- Holzer Health System
- Meigs Co. Agricultural Society
- Meigs Chamber of Commerce
- Meigs Co. Commissioners
- Meigs Co. Council on Aging
- Meigs Economic Development
- Meigs Co. EMA & EMS
- Meigs Co. Health Dept.
- Meigs Co. Job & Family Services
- Meigs Local School District
- Meigs Co. Sheriff's Office
- Meigs & Mason American Legion & VFW Posts and Auxiliaries
- Ohio Benefit Bank
- Ohio Univ. Heritage College of Osteopathic Medicine
- Pepsi/Aquafina
- Prevent Blindness Ohio
- RSVP
- Sisters Health Foundation
- State of Ohio

No-Cost Veterinary Mission Services
Meigs Fairgrounds
41850 Fairgrounds Ln. • Pomeroy, OH

June 3 - 11 + 8 a.m. - 5 p.m.
(June 2: No Public Services; Humane Society Animals Only)

- + Basic Screenings / Exam
- + Spay/Neuter (Cats & Dogs only; 10 per day)
- + Rabies Vaccinations
- + Canine/Feline Distemper Vaccinations
- + **No Appointments; first-come, first-served basis; limited slots daily. No large animals.**

Details are as of May 11 and are subject to change.

+ No pain medications will be available or prescribed on site.

+ Those seeking Mission Services should bring a list of prescribed medications, herbal supplements and over the counter drugs with name, strength and dose.

Please do not call the High School. Recorded Event Details Available at: 1-800-331-2644 Option 6

Keep the Spring In Your Step!

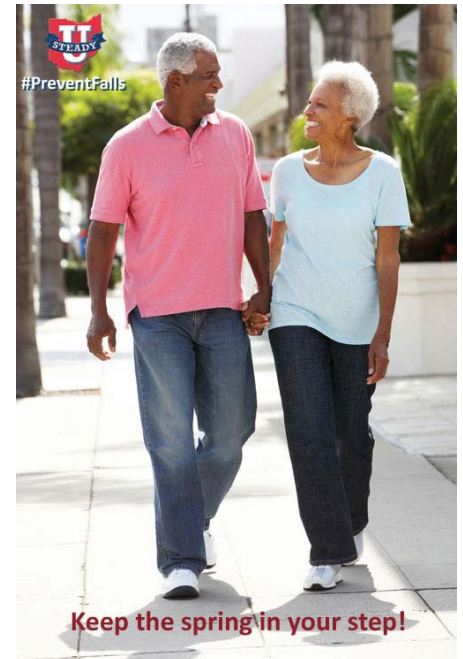
It seemed like it would never arrive, but spring is finally here! Did the snow and cold cause you to limit your activity this winter? Now is the time to start thinking about ways to increase your activity levels for one very important purpose: to help you prevent falls.

Falls are the leading cause of injury-related emergency room visits, hospitalizations and deaths among Ohioans age 65 and older, and inactivity greatly increases your risk for a life-altering fall; however, falls are not a normal part of aging and most falls can be prevented. The Area Agency on Aging District 7 is proud to partner with the STEADY U Ohio initiative to encourage all Ohioans to keep the spring in your step by improving your health and increasing your activity.

Common risk factors for older adult falls include loose rugs, obstacles in walkways, poor lighting, balance issues, pets, medications, and certain health conditions. In addition, spring weather brings some unique falls risks, such as mud, wind, debris, flooding and power outages. Take these simple steps to reduce your risk of falling this spring:

- Get at least 15 minutes of simple exercise, like walking, biking, swimming or gardening, each day.
- Attend a balance and exercise program designed to help build balance, strength and flexibility.
- Ask your healthcare provider for an assessment of your risk of falling.
- Review your medications with your doctor or pharmacist.
- Have your vision and hearing checked, and talk to your vision and hearing specialists about falls.
- Eat regularly and choose a variety of vegetables and calcium-rich foods.
- Drink plenty of fluids to prevent dehydration.

The “A Matter of Balance” program is a key component of the STEADY U Ohio initiative that can help older adults develop strategies and positive habits to prevent falls. Through community-based workshops, participants learn to manage their falls risk and increase their activity levels without the fear of falling. The Area Agency on Aging District 7 hosts Matter of Balance classes throughout our ten-county district. To learn more about a class in your community, call us at 1-800-582-7277, extension 22215.



Interested in serving as a trainer for chronic disease and diabetes self-management in your community?? We need you! Call us today to sign-up for our upcoming Leader Training!

Training Will Take Place

Chronic Disease Self-Management: July 20, 21, 22 and 27

Diabetes: July 28 and 29

You **MUST** attend **ALL** sessions to be certified to lead these programs.

Location: AAA7 Offices in Waverly located at 14062 US 23 (Beside the Health Department)

It is strongly suggested that you bring someone with you that you prefer to lead the classes with you.

All workshops are designed to be facilitated by two trainers. Each trainee will receive a detailed leader's manual, CD and textbook, along with class materials per funding availability.

Space is limited. Call today to register! 1-800-582-7277, extension 215 or 284.





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

Become a Volunteer Ombudsman!

Looking for an opportunity to make a real difference in the lives of others? If so, the 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. See the flyer to the right for more details and contact us if you or someone you know would be interested in learning more about this opportunity!

AAA7 Volunteer Ombudsmen cover the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Call today to learn more!



NOT ALL HEROES WEAR CAPES

Maybe red is not your color, or a cape is not your style, but you can still make a valuable difference in the lives of others. The **Area Agency on Aging District 7 Volunteer Ombudsman Program** offers you the opportunity to be an advocate for nursing home residents through visits that provide them a connection with the outside world - serving as their ear and voice - **how HEROIC is that!**



CONSIDER BECOMING A VOLUNTEER OMBUDSMAN!



Volunteer Ombudsmen:

- Provide an essential voice for residents of nursing homes, assisted living facilities and other long-term care settings.
- Offer encouragement and support.
- Help residents understand their rights and resolve problems.
- Lessen isolation and loneliness many residents experience.
- Create their own schedule.
- Receive on-going training.
- Attend recognition and educational events.

Through regular visits at their assigned facilities, Volunteer Ombudsmen provide these essential services in the AAA7's ten-county district (Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties).

Interested in learning more? Call us toll-free:

1.800.582.7277 or e-mail info@aaa7.org