

# 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 2020

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### Sign-Up for Our E-Mail News!!

Go to [www.aaa7.org](http://www.aaa7.org),  
click on the red box at the  
top of the page and  
follow the instructions.

Stay in touch  
with the AAA7!

## New Initiatives Created from Adjustments to Pandemic

2020 is certainly a year nobody will ever forget – we have all had to learn to adapt to new ways of doing things and routine actions have had to change to support social distancing recommendations and initiatives to keep people safe and healthy.

As we have continued to provide services throughout the entire pandemic, we have also had to adjust some of our operations and throughout the process, have developed creative initiatives to help our communities. Some of these initiatives have even caught the eye of our national association, the National Association of Area Agencies on Aging (n4a), that has shared the ideas with other AAAs throughout the nation as examples of creative ways to continue conducting business through the pandemic. New initiatives created from adjustments to the pandemic include:



**“Porch Talk” Telephone Contact Program** - Have you or someone you know felt more lonely or isolated during the pandemic and would like to chat with someone on the phone for some company and conversation? Our Agency recently developed a program to provide telephone reassurance for those who would like just that – someone to call them for a little chat and to perhaps assist with determining resources in their community that are available to help them with any needs they may have. There is no eligibility or fee for the service. If you or someone you know would be interested in our person-to-person telephone contact program, call us at 1-800-582-7277 or e-mail us at [info@aaa7.org](mailto:info@aaa7.org). *\*n4a Recognition*

**Caregiver Telephone Support Group** - The Caregiver Telephone Support Group is available for caregivers age 18 and older who are providing assistance for relatives, friends, neighbors, or others; but are unpaid for the services. This also includes grandparents or other relatives raising children.

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## Wellness Classes Resume...Over the Phone

Wellness classes provided by the Area Agency on Aging District 7 (AAA7) have started back up after a time off due to the coronavirus pandemic. While physical distancing requirements remain in place, a creative solution to offer the programs has been developed.

At the end of June, the AAA7 began a Diabetes Self-Management Program over the phone and beginning on July 21st, the AAA7 will offer a Chronic Pain Self-Management Program through the same way. The format will allow the AAA7 to connect and support class participants while learning valuable tools to manage their chronic conditions. Classes are held once a week through a 45-minute telephone conference call with AAA7 staff/class facilitators and other participants.

Those who are interested must pre-register for the class. Once registered, participants receive a free self-management kit in the mail and the conference call information prior to the start of the class. Contents in the kit will be used for the weekly calls.

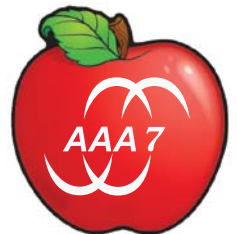
Residents 60 and older in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton counties are eligible to register at no cost. Seniors are encouraged to register to stay socially connected and enhance their self-management skills.

The AAA7 will be offering other wellness classes in the future using this format or an online format. In addition to Diabetes and Chronic Pain Self-Management, other classes include Chronic Disease Self-Management and Tools for Caregivers. If interested in learning more, please call 1-800-582-7277 and ask for Hannah at extension 247 or e-mail [info@aaa7.org](mailto:info@aaa7.org).

Join us for...

Every Monday and Thursday  
at [www.aaa7.org](http://www.aaa7.org)  
and our  
Facebook Page

## Wellness Tip of the Day



## Caregiver Telephone Support Group

*sponsored by the Area Agency on Aging District 7*



This special program designed for family caregivers will allow you to gain and give support and practical advice with others who truly understand from firsthand experience. Once a month, valuable resources and education will be shared to help you along your caregiver journey. The group is facilitated by AAA7 staff. This is an open and ongoing group and caregivers are invited to join anytime. All discussions in the group are strictly confidential. The best part is that you never have to leave your home!

**When: Third Thursday of Every Month**

***July 16, August 20, September 17, October 15,  
November 19 and December 17***

**Time: 1:30 pm - 2:30 pm**

**To Register: Call 1-800-582-7277 ext. 215 or e-mail [info@aaa7.org](mailto:info@aaa7.org)**



# Virtual Art Showcase Throughout July

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 July.

Each year, the AAA7 hosts an in-person Art Show during May and June, but canceled this year's event due to the coronavirus pandemic.

In order to offer an avenue for participants to share their work, the AAA7 created a virtual opportunity for seniors to showcase their artwork or written pieces (poems or essays) throughout the month of July. There will be no judging as usually takes place during the in-person Art Show.

"This isn't the same as our usual set-up, but we thought everyone could use something positive and didn't want to miss an opportunity to promote something fun and happy," 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."

To view the Showcase, log on to the Agency's website at [www.aaa7.org](http://www.aaa7.org). On the Home Page, there is a box with a link to the "Virtual Art Show". Art and written pieces are listed for each individual who has provided submissions.

## **New Initiatives...continued from Page 1**

Each month, the group will offer caregivers time to gain and give support with other caregivers and resources, and educational topics related to caregiving. The monthly telephone support group is facilitated by staff with the Caregiver Support Program at the Area Agency on Aging District 7 (AAA7). The telephone option provides caregivers with the opportunity to learn and gain support from each other without leaving their homes. Calls will be offered monthly on the third Thursday of each month. To register and receive additional dial-in information for the call, please call 1-800-582-7277, extension 215, or e-mail [info@aaa7.org](mailto:info@aaa7.org). *\*n4a Recognition*

**Wellness Tip of the Day** – Each Monday and Thursday, we provide a "Wellness Tip of the Day" to help promote wellness and positive health for everyone. As our in-person wellness classes have had to take a break due to the coronavirus pandemic, the special Tips are our way to continue providing wellness information. You can find these on our Facebook page, our website at [www.aaa7.org](http://www.aaa7.org), or through your e-mail if you are signed up for our e-mail news. *\*n4a Recognition*

**Volunteering Over the Phone with the AAA7 Ombudsman Program** - We have a volunteer opportunity through our Regional Long-Term Care Ombudsman Program (RLTCOP) to help residents at nursing homes feel less isolated and lonely. At this current time, volunteering with the RLTCOP would consist of phone calls to a designated nursing facility and/or a resident's family contacts and no in-person visiting would be taking place. Additional volunteer assistance can also be provided over the phone to RLTCOP staff with other needs that may arise. Those who are interested in this volunteer opportunity would just need to contact our office at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).

**Virtual Art Show** - Each year, the AAA7 hosts an in-person Art Show during May and June, but made the decision to cancel this year's event due to the coronavirus pandemic and the importance of the health and safety of participants and those from the community who attend the event. More information about this event is provided in the above article. *\*n4a Recognition*

Please contact us at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org) if you have any questions about these initiatives, resources in your community to promote safe and healthy living at home, or to inquire about any of the programs and services provided through our Agency.





**Area Agency on Aging District 7, Inc.**

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Website: [www.aaa7.org](http://www.aaa7.org) • E-Mail: [info@aaa7.org](mailto:info@aaa7.org) • Find Us on Facebook!

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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.*

## **Upcoming Virtual CEU Trainings Through the AAA7**

August 12th — “Friend or Foe: Bullying Later in Life” - 8:30 am – 12:00 Noon - 3 CEUs

August 19th — “Balancing Work and Life Commitments” - 9:00 am – 11:00 am - 2 CEUs

August 27th — “Managing Your Stress by Nurturing Your Spirit” - 1:00 pm – 3:00 pm - 2 CEUs

October 21st - “Sensitivity to Aging”

To Be Scheduled: “The Games People Play: A Comprehensive Look at Personality Disorders”

***Stay up-to-date with our Training Calendar on our website at [www.aaa7.org](http://www.aaa7.org) - click on the “Training” tab. For more information, e-mail [info@aaa7.org](mailto:info@aaa7.org)***

## **Quick Bits**

### **AAA7 Appreciation Brunch Canceled**

The AAA7 usually hosts our Annual Appreciation Brunch each August where we share time to recognize those who help support our Agency and enhance the aging network in our communities. Due to the coronavirus pandemic and the concern for the health and safety of our communities, we are canceling this year’s Appreciation Brunch.

### **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.

### **Reach Out!**

Have a question about resources in your community or interested in learning more about how to keep a loved one at home? Call us at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).