

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!***



WINTER 2011

Hunger Summits Conducted Throughout District

Across our local community, soup kitchens, food pantries and homeless shelters are experiencing an increasing demand for emergency food services. As families struggle with rising food and fuel costs, they are finding it more difficult to stretch dollars to cover all needed expenses. Often, it is the food budget that suffers the most, and many of these struggles for families, children and older Ohioans remain behind closed doors in private.

In 2010, more than one in six Ohioans

were served by emergency food assistance between July and September. Of those, more than a quarter-million were Ohio elders. In December of that same year, 19.8 percent of Ohioans reported that there had been times in the past 12 months when they did not have enough money to buy food that they or their family needed.

In order to help decision makers in our community understand the devastation caused by hunger and poverty, Hunger Summits were held locally to

focus on ways the hunger issue can be reduced in the ten counties served by the Area Agency on Aging District 7. The events were sponsored by the Ohio Association of Second Harvest Foodbanks and the Area Agency on Aging District 7, and were held at the South Campus of the Southern Community College in Sardinia for Adams, Brown and Highland Counties; the Pike County Health Department in Waverly for Pike, Ross and Scioto Counties; and the First Presbyterian Church in Jackson for Gallia, Jackson, Lawrence and Vinton Counties. The Retired and Senior Volunteer Program (RSVP) of the Ohio Valley was also instrumental in organizing the Hunger Summits in Jackson and Waverly.

(continued on Page 2)

AAA7 Joins Facebook!

The Area Agency on Aging District 7 (AAA7) recently joined the world of social networking with the establishment of its own Facebook page where “fans” can stay current with the latest news and happenings surrounding the AAA7 and southern Ohio aging network.

Keeping up-to-date with the AAA7 through Facebook is simple. First, you must be signed up with a Facebook account and then simply “like” the AAA7’s page which can be located at www.facebook.com/AreaAgencyOnAgingDistrict7. Becoming a fan of the AAA7’s Facebook page will keep one informed of news, events, and up-to-date information affecting the Agency. In addition, the AAA7 has links featured on its Facebook page for other aging-related agencies and organizations including the Ohio Department of Aging, the National Association of Area Agencies on Aging (n4a), the Ohio Association of Area Agencies on Aging (o4a), AARP, and more.

The AAA7 utilizes its Facebook page for quick and current updates, helpful tips and information, news releases, newsletters, announcements, and upcoming events. It is a convenient way to stay current on AAA7 happenings and learn more about the services and programs available for seniors and those with disabilities in the AAA7’s ten-county region which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Join us today! If you are already a fan, encourage others to “like” us too!



In This Issue

Annual Report.....	Page 2
Service Awards.....	Page 3
Assisted Living Waiver.....	Page 4
Care Transitions.....	Page 5
Residents’ Rights.....	Page 5
Emergency Preparedness.....	Page 6
Falls Prevention.....	Page 7

Visit Us Online - www.aaa7.org

AAA7 Releases Annual Report

Helpful information including consumer stories, statistics, and impact of services were among some of the items included in the Area Agency on Aging District 7's (AAA7) 2010 Annual Report that was presented during the Agency's Annual Meeting. The Meeting was held October 19, 2011, at the Christopher Conference Center in Chillicothe. The AAA7 provides services to ten counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The AAA7's 2010 Annual Report, "Connecting Our Communities," highlighted the many accomplishments of AAA7 staff, Board of Trustees, Advisory Council, and provider organizations throughout the ten counties served by the AAA7. Stories sharing consumer experiences and how the variety of programs the AAA7 provides have helped them were a feature throughout the publication.

Hunger Summits...continued from Page 1

The purpose of each forum was to provide participants with the opportunity to learn more about recent policy decisions and how they impact hunger in the local community; network with other local and statewide organizations; and learn more about programs provided in the local communities in an effort to address hunger in the local area.

"It was encouraging to see representatives from local organizations and agencies come together to discuss ways we can work together to address the hunger issue in our area," said Nina Keller, Assistant Director and Director of Planning at the Area Agency on Aging District 7. "Seniors are usually the last people who will come to the food pantry – they'll make due as long as they can. Our Agency is committed to being a part of the hunger solution for

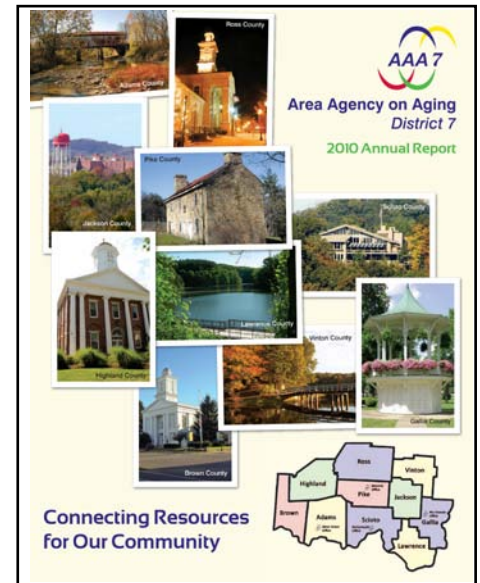
The programs provided through the AAA7 help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay.

"This Annual Report shares the many achievements, commitment and dedication by all who work to make available program options for older adults and those with disabilities," stated Pamela K. Matura, Executive Director of the Area Agency on Aging District 7. "Through the many stories and information surrounding the programs we provide, we hope that readers will have better knowledge of these services and the impact they make in providing resources that allow citizens in our 10 counties to remain in the one place they call their own... home."

The AAA7 2010 Annual Report is

our district and ensuring that our community and legislators are educated, informed and kept up-to-date on the hunger issues that affect so many in our communities."

In addition to the Area Agency on Aging, Ohio Association of Second Harvest Foodbanks and RSVP of the Ohio Valley, participating sponsors and agencies who supported the event throughout the ten counties included: Adams-Brown Community Action Program; Adams County Department of Job and Family Services; Area 937 Outreach Ministries; Brown County Department of Job and Family Services; Christians Across America; Community Action Committee of Pike County; Corporation for Ohio Appalachian Development; FACTS/New Alternatives; Freestore Foodbank; Gallia County United Way; Gallia-Jackson-Meigs Board of Alcohol,



The cover of the 2010 AAA7 Annual Report.

available to view online at the Agency's website, www.aaa7.org. At the home page, click the "AAA7 Information" link on the left side of the page. Once on this page, underneath "Publications" click on "Annual Report" and then "2010."

Drug Addiction and Mental Health Services; Highland County Community Action; Highland County Homeless Shelter; Highland District Hospital; Jackson Area Food Pantry and Clothesline; Hope Christian Alliance; Jackson Area YMCA; Jackson County Free Lunch for Kids; Jackson County United Fund; LAUNCH; Lutheran Social Services; Oak Hill Food Pantry; The Ohio State University Extension; Pike County General Health District; Pike County Outreach Council; Potter's House; Ross County Community Action Agency; Scioto County Department of Job and Family Services; and Workforce Connections of Adams and Brown Counties.

For more information about hunger issues in Ohio, log on to the Ohio Association of Second Harvest Foodbanks at www.oashf.org.

AAA7 Staff Recognized for Years of Service

Employees of the Area Agency on Aging District 7, Inc. (AAA7) were recently honored for their years of service at the Agency's Annual Staff Conference that was held at the Portsmouth-Scioto County Visitors Bureau in Portsmouth. Staff from the Agency's four satellite offices in Rio Grande, Portsmouth, Waverly and West Union was in attendance.



5-Year Awards (Pictured Left) - Left to right, **Charles Maillet** (Rio Grande Office), AAA7 Executive Director **Pamela K. Matura**, **Treva Ellison** (Portsmouth Office), **Judie Reese** (Rio Grande Office), **Patricia Pride** (West Union Office) and **Shannan Orender** (Waverly Office).

10-Year Awards (Pictured Left, Center) - Left to right, **Pam Matura**, **Kathy Lathey** (Rio Grande Office), **Jody Blair** (West Union Office), **Linda Stacy** (West Union Office) and **Connie Montgomery** (Rio Grande Office).

15-Year Awards (Pictured Left, Below) - Left to right, **Pam Matura**, **Basil Bailey** (Rio Grande Office) and **Lori Brooks** (Rio Grande Office).



30-Year Award (Pictured Left) **Pam Matura** with **Andrea Joseph** (Rio Grande Office).



15-Year Award (Pictured Left) **Alice Weaver** (Portsmouth Office) receives her award from, left, AAA7 Executive Director **Pam Matura**, and right, **Debbie Crawford** from AAA7 Human Resources.

AAA7 Named Gallia County Chamber Business of the Month

The Area Agency on Aging District 7 was named the December Business of the Month by the Gallia County Chamber of Commerce! Pictured are staff members from the AAA7's Rio Grande Office in Gallia County and representatives of the Gallia County Chamber of Commerce. Seated, left to right, **Lorie Neal**, Executive Director of the Gallia County Chamber of Commerce; **Jimmy Wiseman**, President of the Gallia County Chamber of Commerce; and **Pam Matura**, **Jenni Dovyak-Lewis** and **Joyce Shong** from the AAA7. Standing, left to right, **Bryan Long**, Gallia County Chamber of Commerce Board Member; **Mansuela Austin**, **Janet Saunders**, **Bonnie Dingess**, **Janet Miller**, **Rita Pauley**, **Donna Saunders**, **Joyce Young**, **Charlie Maillet**, **Rose Barnhouse** and **Vivian Beech-Neely** from the AAA7; and **Ray McKinniss**, Gallia County Chamber of Commerce Board Member.



More Elders in Southern Ohio and Across the State Can Access the Assisted Living Waiver, Thanks to Expanded Eligibility Enrollment Barriers Removed

The Area Agency on Aging District 7 (AAA7) can help elders and others in its district access Ohio's Assisted Living Waiver more quickly thanks to recent program changes. These changes, written by the Ohio Department of Aging and approved by the Centers for Medicare and Medicaid Services, mean that anyone living in the community, who meets Medicaid eligibility, can access the program. A second change means that consumers can begin receiving assisted living services while their Medicaid eligibility is being determined. Ohio's Assisted Living Waiver program pays the costs of care in an assisted living facility for certain people with Medicaid, allowing the consumer to use his or her resources to cover "room and board" expenses. Counties the AAA7 covers in southern Ohio include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

"We are dedicated to helping people receive the services they need in the most appropriate setting. These changes remove barriers to program enrollment and allow us to ensure more people receive services more quickly," said Pamela K. Matura, Executive Director of the AAA7.

"Governor John Kasich has made it clear: a state priority is to enable Ohio's elders and those who live with disabilities and need assistance to live with dignity and respect in settings they prefer as their care needs change," said Bonnie Kantor-Burman, director of the Ohio Department of Aging. "These program changes ensure just that."

Anyone who lives in the community and who meets Medicaid eligibil-

ity requirements will now be able to enroll in Ohio's Assisted Living Waiver. Previously, to be eligible, an individual had to have lived in a nursing home or residential care facility for six months before enrolling. Consumers also would have to wait until their Medicaid eligibility was determined before they could begin receiving assisted living services. Assisted Living facilities provide elders with an alternative to nursing facility care that is both less expensive and less restrictive. Services include 24-hour on-site response, personal care, supportive services (housekeeping, laundry and maintenance), nursing, transportation, meals, and recreational programming. In addition, each individual is assigned a care manager from the AAA7 who is either a registered nurse or licensed social worker. The care manager assists the individual with program accessibility, well-being monitoring, advocacy, and access to community services and activities.

To participate in the Assisted Living

Waiver Program, an individual must meet the following requirements:

- Be a resident of Ohio
- Be age 21 or older
- Be Medicaid-eligible
- Have the ability to make a minimum room and board payment to the assisted living facility
- Meet the intermediate nursing home level of care
- Be able to have all care needs safely met in a residential care facility

Nearly 3,200 Ohioans currently use the Assisted Living waiver. To determine if assisted living is a good option for you, contact the Area Agency on Aging District 7 toll-free at 1-800-582-7277, and request a free assessment. For additional assistance, the Long-term Care Consumer Guide (www.ltcoho.org/consumer/index.asp) is an online tool that can help you find and compare nursing and residential care facilities, including assisted living, in your area.

Assisted Living Brochures Available

Would you like a brochure about the Assisted Living Medicaid Waiver Program through the Area Agency on Aging District 7?

Call our Resource Center toll-free at 1-800-582-7277 to have one mailed to you.

Assisted Living (AL) Medicaid Waiver

The Assisted Living Waiver Program is a state-wide long-term care program for Medicaid recipients. It offers another option for community living while promoting dignity and independence, offering an alternative to nursing facility placement.

Assisted Living Waiver facilities offer an apartment-like setting with a private room and private bath.

Residents have access to staff 24-hours-a-day for help with activities of daily living, personal care, homemaking, meal preparation, medication monitoring and assistance, and socialization.



AL Services

Services provided through the Assisted Living Waiver Program include:

Assisted Living Services
Including personal care, housekeeping, laundry, assistance with medication management, meals, non-medical transportation, social and recreational programming, and 24-hour on-site staff availability for assistance with unplanned needs.

Community Transition Service:
Assistance to consumers with obtaining what they need to successfully move from a nursing facility to an assisted living facility. This includes basic household items that are essential to health and safety, in addition to items needed for furnishing a community residence that are not available through other sources.

Care Management
Each Assisted Living Waiver resident is assigned a Care Manager, who is either a registered nurse or licensed social worker. The Care Manager will assist the individual with program accessibility, well-being monitoring, advocacy, and access to community services and activities.

Eligibility

To participate in the Assisted Living

Assisted Living Medicaid Waiver



Area Agency on Aging District 7
Helping You Age Better

AAA7 Care Transitions Program Making a Difference for Patients

The concept of care transitions is a simple one - to assist recently hospitalized individuals with acquiring the education, skills and resources necessary to prevent an unnecessary readmission. Since April 2011, three Area Agency on Aging District 7 registered nurses, who received training in the Coleman Model of care transitions, have been working to support the care transitions concept in three area hospitals including Adena Regional Medical Center in Chillicothe (Ross County), Holzer Medical Center in Gallipolis (Gallia County), and Southern Ohio Medical Center in Portsmouth (Scioto County). Results from the first six months are as follows:

- Of the 123 individuals who were referred to the program, 81 percent were eligible to participate, with 77 choosing to participate, and 62 percent who have successfully completed or have nearly completed the care transitions intervention (CTI). The readmission rate for these individuals was 16 percent as opposed to the national average of 20 percent for Medicare fee-for-service.
- It was discovered through the CTI that 34 consumers (44 percent) had at least one or more medication discrepancies. A medication discrepancy is any difference from what was stated on the hospital discharge papers to what the individual had and was taking in the home. Identification of unintended medication discrepancies and potential drug-related problems and increased follow-up during care transitions can improve patient safety and quality of care while saving healthcare resources.
- Follow-up survey responses identified that 92 percent responded that it was helpful to have someone make a visit with them while they were in the hospital.
- 77 percent said the visit made a difference in understanding their health-

care which helped them make decisions and plans related to their health.

- 85 percent said the Personal Health Record, a patient-centered record that consists of the essential care elements for facilitating productive interdisciplinary communication for healthcare providers during the care transition, was easy to understand and comprehended the importance of taking it with them to their medical appointments.
- 83 percent said that they would recommend the assistance they received from the Area Agency on Aging to a friend.

Through the care transitions intervention, patients are becoming more informed and involved in their care; however, it is the ongoing education



*Pictured are Certified Care Transition Coaches with the Area Agency on Aging District 7 which include seated, left to right, **Joy Polley, RN,** and **Linda Green, RN.** Standing is **Connie Montgomery, RN.***

and coaching that allows them to become effective advocates for themselves.

Long-Term Care Ombudsmen Defend Residents' Rights

The rights of individuals who receive care at assisted living and nursing facilities was highlighted during Residents' Rights Week that was observed throughout the nation during October. Through its Regional Long-Term Care Ombudsman Program, the Area Agency on Aging District 7, Inc. (AAA7) advocates for individuals who receive assisted living and nursing home care, in addition to in-home and community-based services in its ten-county district.

Advocacy surrounding these rights include individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. The AAA7's Regional Long-Term Care Ombudsman Program is responsible for protecting these rights and serving as a voice for residents. "Ombudsman," a Swedish word which means "representative" or "someone who acts as a trusted intermediary," is one who essentially "watches over" residents and assures that their rights are respected. AAA7 Ombudsmen take seriously their role in providing a voice and support for residents who need their assistance.

In the AAA7's most recent Annual Report, covering the year 2010, volunteer and paid ombudsmen provided a voice for approximately 6,000 individuals, spending over 2,000 hours in direct advocacy services and handling 200 complex complaints and transitioning 34 nursing home residents back into their own homes or other community settings. The top five complaints for 2010 included nursing home transitions, discharges and transfers, confined against will, accidents/falls, and physical abuse. Ombudsmen work with the resident, their family, and the facility to assure that any concerning issue is taken seriously and addressed. The

(continued on Page 7)

Being Prepared for Emergencies

Some believe that one of the benefits of living in southern Ohio is that we have the opportunity to experience four seasons each year and everyone seems to have their favorite. Along with the changing seasons comes the changing of the weather that requires us to “be prepared” for what comes.

Each season brings its “signature” weather...in winter it is the ice and snow; the summer brings extreme heat; while spring and autumn shower us with rains and flooding. Being prepared doesn’t mean just having the snow shovel ready or the fan for hot weather. We regularly experience weather events that call for us to evacuate our home or to take “shelter in place” (in other words, “staying put”). Man-made emergencies such as power outages and chemical spills may also require us to take some type of action in order to be safe. Many organizations, such as the American Red Cross, offer excellent suggestions to be ready. One way to be proactive

is to have important phone numbers and contact information close to your phone or on your refrigerator such as your utility company, medical equipment vendors, and at least two people you can call who have agreed to help you in an emergency.

In the simplest terms, we can divide emergencies into two categories: first are those where we can stay or must stay in our own home; the second are those where we must leave our home. One of the best ways to “be prepared” for either action is to have a bag or kit at home to take with you when you go to a shelter in the community or a family member or friend’s home. The kit comes in handy so that you do not run out of critical items during weather or other emergencies.

You can use a child backpack, small duffle bag, or even a big shopping bag. Make sure the bag has your identification information on it and include these suggested items: first-aid kit;

prescription medicines, along with a list of medications with dosages and a list of allergies; extra eyeglasses and hearing aid batteries; medical insurance and Medicare cards (copies); a list of doctors and a relative or friend who should be notified if you are injured; battery-powered radio and flashlight with extra batteries for each; a change of clothing; blanket; extra set of keys; small amount of cash; and personal hygiene supplies. Remember to store water (one gallon per day per person) and a non-perishable food supply with a manual can opener for times when you must “shelter in place.”

Listening to the warnings from local emergency officials and following their instructions is critical. Emergencies are unpredictable, but you can weather them better if you are prepared. For more information about Emergency and Disaster Preparedness, go to the Area Agency on Aging District 7’s website at www.aaa7.org.

The Area Agency on Aging District 7 Remembers

Bill Lester 1923-2011

Prudie Snider 1916-2011



Bill Lester served on the Area Agency on Aging District 7 Board of Trustees from 1984 – 1991. During that time, he served as President from 1989 – 1990. He also served on the Executive Committee, Personnel Committee and the Finance Committee.

He served on the Advisory Council from 2010 until his death on October 13, 2011.

Prudie Snider was a member of the Area Agency on Aging District 7 Advisory Council from 1991 until 2011. During her tenure on the Advisory Council, she served as a member of the By Laws Committee, Executive Committee, Personnel Committee, and Proposal Review Committee. She served as Secretary/Treasurer from 2005 through 2007; Vice President from 1994 - 1995, 1997-1998, and 2008 - 2009; and President from 1999 – 2001 and in 2010. She passed away on November 28, 2011.

The Area Agency on Aging District 7 will always be grateful to Bill and Prudie for their years of service and dedication. They will be greatly missed.

Falls Prevention Awareness Day Observed

The Area Agency on Aging District 7, Inc. (AAA7) joined with the Ohio Older Adult Falls Prevention Coalition to recognize Friday, September 23, 2011, as Falls Prevention Awareness Day. This time was set aside during the autumn season to educate the public about the risk of falls and fall-related injury that increases as we age.

“Falls among older Ohioans can negatively affect an individual’s health and sense of security, but can also have an impact on the entire family,” says Pamela K. Matura, Executive Director of the AAA7. “We used the first day of autumn to mark the beginning of an ongoing effort to help Ohioans become aware of the risks and do what they can to prevent them. Doing so will help our older neighbors remain safely in their homes and our community.”

According to the Centers for Disease Control and Prevention, 30 percent of adults age 65 and older living in the community, and more than half of all older adults who live in residential care facilities or nursing homes, fall each year. Falls are the leading cause of injury-related deaths and the most common cause of nonfatal injuries and hospital admissions for trauma in older adults. Risk factors for falls include poor health status, prescription drug interactions, impaired cognitive function, use of alcohol, history of falls, and impaired vision.

Falls Prevention Awareness Day was promoted at the state level by the Ohio Departments of Aging and Health.

Currently, the AAA7 offers a falls management program entitled “Matter of Balance” in selected counties throughout the district. For more information, please call the AAA7 toll-free at 1-800-582-7277.

5 Easy Ways to Prevent Falls

1. **Increase your physical activity.** Simple exercise, like walking or swimming at least 15 minutes a day, can help build muscle strength and improve balance, which can prevent falls. Exercise programs like Tai Chi that increase strength and improve balance are especially good.
2. **See your eye doctor once each year.** Age-related eye diseases, such as cataracts, macular degeneration and diabetic retinopathy, can increase the risk of falling. Early detection is key to minimizing the effects of these conditions.
3. **Review your medications.** Talk to your doctor or pharmacist about the medicines you are taking and whether they may cause drowsiness or dizziness. Discuss things you can do to ensure you are taking your medicines safely.
4. **Remove environmental hazards.** Look around the house for anything that could increase the risk of falls, including poor lighting, loose rugs, slippery floors and unsteady furniture. Remove or modify these hazards.
5. **Think, plan and slow down.** Many falls are caused by hurrying. Slow down and think through the task you are performing. Be mindful of possible falls risks and act accordingly.

Residents’ Rights...continued from Page 5

AAA7’s Regional Long-Term Care Ombudsman Program works to establish positive and partnering relationships with assisted and long-term care facilities so that resident rights and concerns are met and sustained.

A huge part of the success of the AAA7’s Regional Long-Term Care Ombudsman Program is the dedicated staff and volunteers who serve as the advocates and voice for these residents.

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.

“I am proud of the work our Regional Long-Term Care Ombudsman Program provides to our ten-county district,” says Kaye Inoshita, RN, Director of the AAA7’s Ombudsman Program. “Through their wonderful service, our staff and volunteers provide a regular presence in our large region for those residents who need an added sense of security and assistance. Knowing we have made a difference in the lives of so many reminds us of the needs these residents have and the support that we can and do provide.”

Those who are interested in learning more about volunteer opportunities as a Volunteer Ombudsman, or for more information about the Regional Long-Term Care Ombudsman Program through the AAA7, please contact Cindy Oakes, Volunteer Coordinator, or Kaye Inoshita, toll-free at 1-800-582-7277.



Area Agency on Aging District 7, Inc.

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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.

AAA7 Quick Notes - News Snippets for Your Information!

- ✓ **2012 BOARD OF TRUSTEES MEETINGS** - Meetings in February, April and August will be held at the OSU Endeavor Center in Piketon (Subject to Change). Other meeting locations to be announced. Meeting dates and times are as follows:
 - February 15 at 12:30 pm
 - April 18 at 12:30 pm
 - June 18 at 12:30 pm
 - August 15 at 12:30 pm
 - October 17 at 10:00 am
 - December 19 at 12:30 pm

- ✓ **MONTHLY COLUMNS** - Our monthly newspaper columns are available for viewing on our website at www.aaa7.org. Click on AAA7 Information/News Releases to find a listing of all of our articles and monthly columns.

- ✓ **LOOKING FOR A SPEAKER?** - We love to speak at community meetings and functions! Call us at 1-800-582-7277 to schedule the AAA7 for your next meeting. We also love to attend community events and local health fairs or other similar activities. Call our toll-free number to inform us of the details and we will work on making the arrangements to attend!