

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

WINTER 2019-2020



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ODA Director Visits

The Area Agency on Aging District 7 (AAA7) was happy to welcome Ohio Department of Aging (ODA) Director Ursel McElroy on October 29th to the AAA7 Administrative Offices in Rio Grande. Joining Director McElroy was John Carey, Director of the Governor's Office on Appalachia, and former State Representative and State Senator, who covered a number of counties in the AAA7's district during his time as a state legislator.



Director McElroy, who was appointed to her current position by Governor Mike DeWine in January 2019, visited all twelve of the Ohio Area Agencies on Aging throughout the year to learn more about individual Agency operations and to have a question and answer session with staff.

Director McElroy was well received from staff at the AAA7 who traveled to Rio Grande from AAA7 satellite locations in Waverly, West Union and Wheelersburg. In addition to her session with staff and providers to discuss workforce shortage issues, the Director also met with the AAA7 Executive Management Team and shared time with staff who work in the Resource Center and Veteran-Directed/Community-Based Services Programs. She also had the opportunity to visit the intergenerational meal site on the campus of the University of Rio Grande (URG), which is a congregate meal site through the AAA7. During her presentation to staff, Director McElroy shared her mission and priorities for the Department which include the fostering of sound public policy, research, and initiatives that benefit older adults.

The AAA7 appreciated the visit from Director McElroy and Director Carey and the one-on-one time to meet with staff and hear about current issues.

Pictured are AAA7 representatives with Director McElroy and Director Carey: front row, left to right, is Connie Montgomery, RN, Director of the Aging and Disability Resource Network; and Vicky Abdella, RN, Director of Community Programs. Back row, left to right, is Debbie Gulley, RN, Director of Care Management Services; Patricia Pletcher, Vice President of the AAA7 Board of Trustees; Rick Marriott, President of the AAA7 Board of Trustees; Director McElroy; Nina R. Keller, LSW, MSW, Executive Director; Gary Fenderbosch, Secretary/Treasurer of the AAA7 Board of Trustees; and Director Carey.

2020 Census is Coming!

To educate the community about the approaching Census, we offer the following educational information taken from the official website of the Census - www.census.gov.

As required by the Census Act, the U.S. Census Bureau submitted a list of questions to Congress on March 29, 2018. Based on those questions, the 2020 Census will ask:

- **How many people are living or staying at your home on April 1, 2020.** This will help us count the entire U.S. population and ensure that we count people according to where they live on Census Day.
- **Whether the home is owned or rented.** This will help us produce statistics about homeownership and renting. The rates of homeownership serve as one indicator of the nation's economy. They also help in administering housing programs and informing planning decisions.
- **About the sex of each person in your home.** This allows us to create statistics about males and females, which can be used in planning and funding government programs. This data can also be used to enforce laws, regulations, and policies against discrimination.
- **About the age of each person in your home.** The U.S. Census Bureau creates statistics to better understand the size and characteristics of different age groups. Agencies use this data to plan and fund government programs that support specific age groups, including children and older adults.
- **About the race of each person in your home.** This allows us to create statistics about race and to provide other statistics by racial groups. This data helps federal agencies monitor compliance with anti-discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About whether a person in your home is of Hispanic, Latino, or Spanish origin.** These responses help create statistics about this ethnic group. This is needed by federal agencies to monitor compliance with anti-discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About the relationship of each person in your home.** This allows the Census Bureau to create estimates about families, households, and other groups. Relationship data is used in planning and funding government programs that support families, including people raising children alone.

Governments, businesses, communities, and nonprofit organizations all rely on the data that these questions produce to make critical decisions.

During the 2020 Census, the Census Bureau will never ask you for: your Social Security number; money or donations; anything on behalf of a political party; or your bank or credit card account numbers. If someone claiming to be from the Census Bureau contacts you and asks you for one of these things, it's a scam, and you should not cooperate.

What Happens to Your Answers? - Your personal information is kept confidential. The Census Bureau is bound by federal law to protect your information, and your data is used only for statistical purposes. Your responses are compiled with information from other homes to produce statistics, which never identify your home or any person in your home.

Take Charge of Your Health with a Wellness Program!

As the days get shorter and the temperature drops, many are tempted to hibernate for the winter. However, staying active is proven to beat the seasonal blues and even small amounts of exercise can boost your immune system, which can reduce the risk of coughs and colds! Attending a wellness class this winter might be just what the doctor ordered! Wellness programs through the AAA7 have proven program outcomes and self-management strategies.

Wellness programs offered through the AAA7 include: Chronic Disease Self-Management; Diabetes Self-Management; Diabetes Empowerment Education; Chronic Pain Self-Management; Powerful Tools for Caregivers; and A Matter of Balance Falls Management. Classes are typically six weeks long and meet once a week for a couple hours. (A Matter of Balance meets twice a week for four weeks or once a week for eight weeks). Classes are available for those age 60 and over and are provided at no cost!

Classes are provided at a number of locations throughout the AAA7's ten-county district. Log on to our website at www.aaa7.org where you will find a calendar of events that lists upcoming classes and locations (or call us at 1-800-582-7277). Class information is also shared on our Agency Facebook page. Or, if you are interested in a particular class, just let us know and we can add you to a list for your county.

For more information, call our Agency at 1-800-582-7277 or e-mail us at info@aaa7.org



AAA7 Releases Annual Report

Helpful information including Agency highlights, facts and figures were included in the Area Agency on Aging District 7's (AAA7) 2018 Annual Report that was recently presented during the Agency's Annual Meeting at The Ohio State University Endeavor Center in Piketon, Ohio. The AAA7 provides services throughout multiple counties in southern Ohio.

The AAA7's 2018 Annual Report, "Reaching New Heights," highlights the variety of programs and initiatives made possible through the work of AAA7 staff, the Board of Trustees, Advisory Council, and provider organizations throughout the counties served by the AAA7. This year's theme highlights the ever-expanding world of service delivery and the opportunities presented to the AAA7 to help provide assistance to so many individuals in a variety of capacities. The programs provided through the AAA7 help older adults and those with disabilities of any age 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 a great deal of valuable information about the many programs and services we provide to seniors and those of any age living with a disability in our district," stated Nina R. Keller, Executive Director of the AAA7. "Ohio has the sixth largest population age 65 or older in the nation, and by 2030, the state's population age 65 and older will increase by 40 percent compared to 2015. The need for services to enable us to thrive in our homes and communities as we age will continue to increase and our Agency will continue our advocacy efforts to support the growing aging population."



The AAA7 2018 Annual Report is available to view online at the Agency's website, www.aaa7.org. At the Home page, click the "About AAA7" link at the top of the menu bar, and then click "Publications." Underneath "Annual Report," click on "2018."

AAA7 Board Recognizes Outgoing Board Members and Retirement of AAA7 Director of Human Resources



At the AAA7 Board of Trustees Meeting held in December, special recognitions were presented for three outgoing Board Members and **Joyce Shong**, Director of Human Resources, who retired at the end of the year.

Pictured at right are the three outgoing Board Members including **Mary Jo Baumgartner of Adams County** (pictured second from left), **Alice Ward of Pike County** (pictured center), and **Dan Dobbins of Jackson County** (pictured second from right). Also pictured is far left, Rick Marriott, President of the AAA7 Board of Trustees, and far right, Nina R. Keller, Executive Director of the AAA7.

Joyce Shong, Director of Human Resources, was also presented with a special Resolution of Recognition and Appreciation from the Board of Trustees for her 42 years of service as a dedicated staff member at the Area Agency on Aging District 7.

Joyce started her career with the Area Agency on Aging District 7 in 1977 as "Employee #5", and held a variety of positions over the years. She is the longest tenured Area Agency on Aging employee in the state of Ohio and has watched the Agency grow over the years not only in terms of staff (currently close to 200 employees), but also with the addition of programs and services.

Thank You to Joyce and our outgoing Board Members for their years of service and dedication!





Area Agency on Aging District 7, Inc.

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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.

Mark Your Calendar!

Senior Citizens Art Show

Plans are being made and dates will be confirmed soon. Stay tuned!

AAA7 Appreciation Brunch

Friday, August 28, 2020

CEU Trainings

Stay connected with educational topics if you are in need of CEUs for social workers, nurses or nursing home administrators. Link to our Training Calendar is located at our website - www.aaa7.org and click on the "Training" tab.

Wellness Programs

Stay up-to-date on upcoming class dates through our website - www.aaa7.org. Link to our Wellness Schedule is located at the bottom of the Home page in the yellow box.

Quick Bits

AAA7 Resource Directory

Did you know the AAA7 has a wealth of resource information on our website? Search for resources in your county that provide a number of services and programs to keep you or your loved one safe and healthy at home. Go to the AAA7's website at www.aaa7.org, click on "Find a Service" and "Search for Services". You can also click on "Find a Service" and "County Resource Directories" and find county-specific providers for each of our ten counties. We also have a Resource Directory with service information for those under the age of 60, as well as those interested in behavioral health resources.

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.