

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 2020-2021

In This Issue

Wellness
Wednesdays
Page 2

HEAP Winter Crisis
Program
Page 2

Caregiver Month
Observed
Page 3

Social Media Outreach
Page 4

Sign-Up for Our E-Mail News!!

Go to www.aaa7.org,
click on the red box at
the top of the page and
follow the instructions.

Stay in touch
with the AAA7!

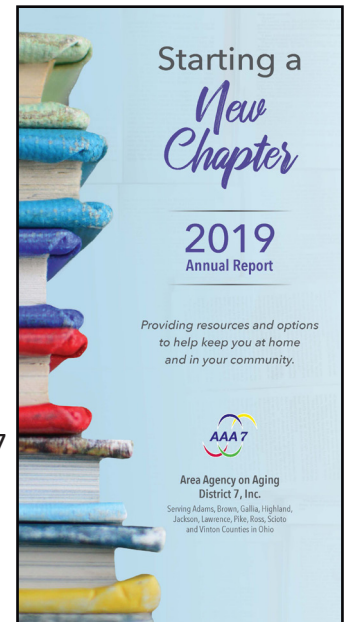
Annual Report Shared

Helpful information including Agency highlights, facts and figures were included in the Area Agency on Aging District 7's (AAA7) 2019 Annual Report that was recently presented to the AAA7 Board of Trustees at its December Meeting. The AAA7 provides services to ten core counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The AAA7's 2019 Annual Report, "Starting a New Chapter," 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 ten core counties served by the AAA7, and additional counties the AAA7 serves in Ohio through other contracted programs. 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 Area Agency on Aging District 7. "We are proud of the four decades of service we have provided to our communities and the growth and expansion we have witnessed over those years. Our reach to help others has expanded over time with the opportunities to serve our district in new and unique ways. We look forward to many more years of providing quality home and community-based long-term care programs and resources to our growing area."

The AAA7 2019 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 "2019."



Introducing “Wellness Wednesdays”

A weekly livestream focusing on wellness opportunities through the Area Agency on Aging District 7 (AAA7) debuted on Wednesday, January 6th on the AAA7 Facebook page. “Wellness Wednesdays” is featured each week at 10:00 am with a new wellness topic for discussion during the broadcast.

As routines have changed through the pandemic, so too have the wellness programs offered through the AAA7. The Agency offers a number of valuable and helpful programs designed to help individuals with their chronic conditions and other health concerns. Prior to the pandemic, the AAA7 would have these classes in person, but have moved them now to telephone classes.

Through “Wellness Wednesdays”, the Agency is able to expand the reach to share information about valuable programs that are available to help with chronic disease self-management, diabetes self-management and chronic pain self-management. The goal is to increase knowledge about these programs and help more and more people learn to live with their chronic conditions and/or embrace helpful tips that can help individuals live healthier.

During the debut episode on January 6th, Hannah Hollingshead of the AAA7’s Wellness Department and facilitator of wellness programs through the Agency, discussed the programs that are offered and the benefits associated with them. She also explained that the courses are “evidence-based” which means that they have been tested in controlled settings and have been proven to be effective.

Classes are available for those age 60 and over who live in one of the ten core counties located in the AAA7’s district which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. There is no cost associated with participating. Currently through the telephone, classes meet once a week for one hour for six total weeks.

If you missed any episodes, or to watch an episode again, you can view recorded versions on the AAA7’s Facebook page or on the AAA7’s website at www.aaa7.org.

Wellness Wednesdays

with the Area Agency on Aging District 7 (AAA7)

**Join us on Wednesdays
at 10:00 am LIVE on the
AAA7 Facebook page**

*(Or watch recorded versions
on the AAA7 Facebook page
or www.aaa7.org)*



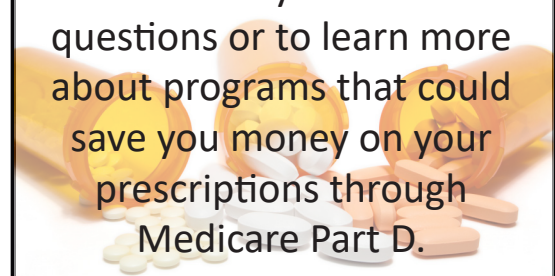
HEAP Home Energy Assistance Program

Now open for applications for 2020-2021.
This program can help eligible Ohioans manage
their heating bills. Applications are available from
your local Community Action Agency

*If interested or if you have questions,
contact your county Community Action Agency or the
AAA7 Resource Center at 1-800-582-7277.*

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.



Caregiver Month Observed

National Family Caregiver Month is celebrated each year in November and is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Along with the Administration for Community Living and the Caregiver Action Network, we address the new realities family caregivers face with their loved ones during these uncertain times as we navigate through the current pandemic.



Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all of that was before COVID-19. The pandemic brings even more challenges as family caregivers handle “Caregiving in Crisis”. With the stress and anxiety around COVID-19, it is important that caregivers are taking care of themselves. Read over these “10 Tips for Family Caregivers” from the Caregiver Action Network:

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work, so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is.

The Area Agency on Aging District 7 (AAA7) would like to thank all family caregivers for the selfless acts you do each day. We encourage you to make caregiving for yourself a priority as a caregiver. Join us for one of our monthly Telephone Caregiver Support Groups for further help and assistance and a time to share and gain support from other caregivers. Calls take place the third Thursday of every month from 1:30 pm until 2:30 pm. In addition, the AAA7 is also looking to offer its “Powerful Tools for Caregivers” class online. The class provides support for caregivers, information about community resources, ideas to relieve stress, and ways to improve communication with healthcare providers. To register or learn more about either opportunity, please call 1-800-582-7277 or e-mail info@aaa7.org.

The AAA7 provides help to caregivers through the Caregiver Support Program, which is designed to assist caregivers with finding answers about how their caregiving role impacts their life and where to find resources and services to decrease caregiver stress. Caregivers may be caring for an older adult, their adult child with a disability, or the caregiver may be a grandparent caring for their grandchildren or non-relative child. Services include assessments, training, information and assistance, supplemental services, respite, as well as counseling. Currently, the AAA7 has some extra assistance available to assist caregivers with essential needs and some financial assistance during the current time. For more information about the Caregiver Support Program through the Area Agency on Aging District 7 or to find out if you are eligible for extra assistance, please call 1-800-582-7277.

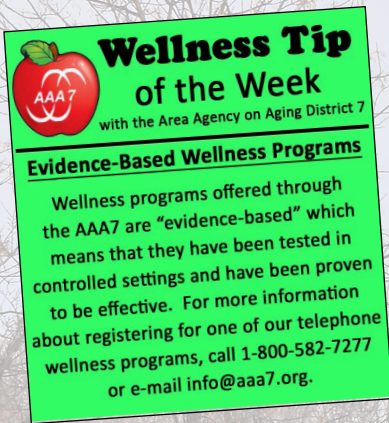
Our Resource Center is OPEN and available to answer your questions about home and community-based resources in your community!

1-800-582-7277 - info@aaa7.org



Join us for...

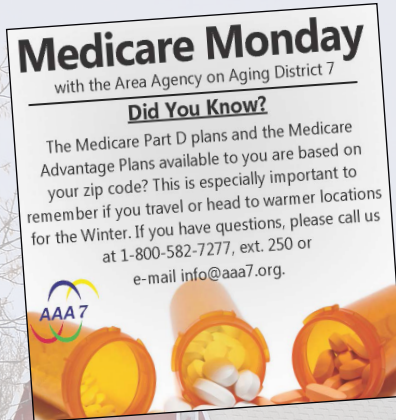
Social Media Outreach and Education



Wellness Tip of the Week
with the Area Agency on Aging District 7

Evidence-Based Wellness Programs

Wellness programs offered through the AAA7 are "evidence-based" which means that they have been tested in controlled settings and have been proven to be effective. For more information about registering for one of our telephone wellness programs, call 1-800-582-7277 or e-mail info@aaa7.org.



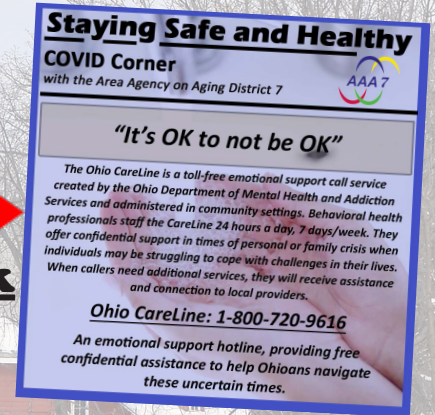
Medicare Monday
with the Area Agency on Aging District 7

Did You Know?

The Medicare Part D plans and the Medicare Advantage Plans available to you are based on your zip code? This is especially important to remember if you travel or head to warmer locations for the Winter. If you have questions, please call us at 1-800-582-7277, ext. 250 or e-mail info@aaa7.org.

Mondays on Facebook

Wellness Tip of the Day and Medicare Monday!



Staying Safe and Healthy
COVID Corner
with the Area Agency on Aging District 7

"It's OK to not be OK"

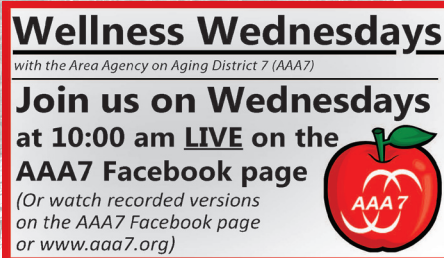
The Ohio CareLine is a toll-free emotional support call service created by the Ohio Department of Mental Health and Addiction Services and administered in community settings. Behavioral health professionals staff the CareLine 24 hours a day, 7 days/week. They offer confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives. When callers need additional services, they will receive assistance and connection to local providers.

Ohio CareLine: 1-800-720-9616

An emotional support hotline, providing free confidential assistance to help Ohioans navigate these uncertain times.

Tuesdays on Facebook

Staying Safe and Healthy!



Wellness Wednesdays
with the Area Agency on Aging District 7 (AAA7)

Join us on Wednesdays at 10:00 am LIVE on the AAA7 Facebook page
(Or watch recorded versions on the AAA7 Facebook page or www.aaa7.org)

Wednesdays on Facebook

Wellness Wednesdays!

You can also find this information on our website at www.aaa7.org



Area Agency on Aging District 7, Inc.

PO Box 154 • 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 specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs.