

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 2022

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click on the red box at
the top of the page and
follow the instructions.

Stay in touch
with the AAA7!

Annual Report Released

Helpful information including Agency highlights, facts and figures were included in the Area Agency on Aging District 7's (AAA7) 2020 Annual Report that was recently released. 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 2020 Annual Report, "2020 Vision: Providing Service Through a Different Lens,"

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. 2020's Annual Report also shared the Agency's response to the coronavirus pandemic and its role as essential workers throughout.

"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. "In 2020, we were especially proud of the hard work throughout the coronavirus pandemic by our Agency staff and provider agencies in providing services to those who rely so much on our programs. Their dedication and commitment has always been evident, but even more so through the challenges brought forth from the pandemic. Through our recent Annual Report, we were able to share some of the ways we adapted during the year to continue providing essential services."

The AAA7 2020 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 "2020."



Intergenerational Connection

As we soon approach the two-year mark of the coronavirus pandemic, we note all of the ways we have adapted and adjusted while understanding some of the issues that intensified as a result, such as isolation and loneliness.

Shortly after the pandemic started, our Agency developed a new program to address isolation and loneliness. Through our "Porch Talk" telephone reassurance program, staff at our Agency reach out to seniors for an informal chat and check-in...a way to provide companionship and a friendly voice for those who may not have much interaction with others. Callers can also talk with someone in more detail about community resources that are available to help them with any needs they may have.

Since the inception of the program, we have made over 900 calls. Participants in the program have expressed their appreciation for the calls and how much they look forward to the conversation.

As a way to expand the outreach to those participating in the program, our Agency has developed a "pilot project" by working with local schools to develop items to send to program participants as a way to provide cheer in another way. This consists of special drawings and messages from school-age children that are mailed to the seniors to brighten their day. We are looking forward to additional ways to "send sunshine" to participants through this format and the intergenerational connection it provides. The pictures shared here were from a local Kindergarten class who provided holiday and winter greetings that were mailed to participants in the program. Those who have received have expressed how much they enjoyed the special artwork with many displaying the drawings on their refrigerators or other special places!

The "Porch Talk" program is always open to receive more participants. If you or someone you know would be interested in receiving a weekly telephone call for a check-in or just a friendly chat, call us at 1-800-582-7277 or e-mail info@aaa.org.



Telephone Caregiver Support Group

Third Thursday of Every Month
1:30 pm - 2:30 pm

Call 1-800-582-7277 or e-mail info@aaa7.org to register.



2022 Senior Farmers' Market Nutrition Program

Stay tuned to our Facebook page and local news for more information about applications for the 2022 Senior Farmers' Market Nutrition Program.

We'll have more information in our Spring "The Aging Network" newsletter.

info@aaa7.org



Medicare Monday

Partnership with the Ohio Senior Medicare Patrol

The Area Agency on Aging District 7 (AAA7) is proud to work with the Ohio Senior Medicare Patrol (SMP) to provide helpful information about Medicare scams and other important tips through a monthly “Medicare Monday” livestream featured on the AAA7’s Facebook page. The Ohio Senior Medicare Patrol exists to educate the public about Medicare frauds and scams. They help seniors prevent, detect and report healthcare fraud, errors and abuse.



“Medicare Monday” has been an educational feature on the AAA7’s Facebook page throughout the pandemic. The Ohio Senior Medicare Patrol noticed the initiative and approached the Agency about a sponsorship as a way to share important and vital information to Medicare beneficiaries in our region. Infographics and occasional livestreams have been the tools used to educate.

Starting in December 2021, a more consistent livestream feature was introduced and is now showcased the second Monday of every month at 9:00 am on the AAA7’s Facebook page. A trending topic is discussed for the monthly feature that may cover new scams, helpful tips on how to avoid becoming a victim to scams, and ways to help protect your Medicare number and personal information. Representatives from the AAA7 and the Ohio SMP participate in the conversation.

If you have content you would like covered in an upcoming episode or if you have questions, please e-mail info@aaa7.org or call the AAA7 at 1-800-582-7277, or the Ohio SMP at ProSeniors at 1-800-488-6070, option 4.

Upcoming “Medicare Monday” livestreams will take place: **February 14th, March 14th and April 11th**. Each livestream will take place at 9:00 am, or you can watch a recorded version at any time on the AAA7’s Facebook page.

Suicide Awareness/Prevention Trainings Continue

The AAA7 continues to offer the community an important training for suicide awareness and prevention called **QPR: Question, Persuade, and Refer**.

QPR offers lay persons and professionals the opportunity to participate in a training to respond to a life-threatening event: suicidal crisis. Teachers, coaches, local clergy, police officers, and any community individual can learn the QPR method to help recognize signs and clues of suicidal behavior, how to approach and communicate with a suicidal person, and where to refer them for assistance.

Upcoming virtual training dates include **February 8th and March 8th**. The training will last a couple hours and attendees will receive materials ahead of time to use in the training.

If you or someone you know would be interested in participating, or if you have questions about the training, please call the AAA7 Training Department at 1-800-582-7277, extension 252, or e-mail info@aaa7.org. To register for the training, log on to www.aaa7.org, go to the “Training” tab and click on “Training Registration”.



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



Help with Heating Costs Through HEAP

The Ohio Department of Development and the Area Agency on Aging District 7 want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2022.

For more information about HEAP, contact the Area Agency on Aging District 7 at 1-800-582-7277 or e-mail info@aaa7.org. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.



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.