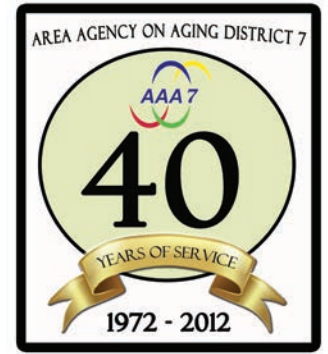


The Aging Network

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 2012-2013

Ohio Department of Aging Director Visits AAA7

Ohio Department of Aging Director Dr. Bonnie Kantor-Burman recently visited with Area Agency on Aging District 7 (AAA7) staff at the Agency's satellite office in Waverly. The Agency, which receives federal and state funding through the Ohio Department of Aging (ODA), is a non-profit corporation that provides home and community-based services to seniors and adults with disabilities. It is one of twelve Area Agencies on Aging in the state of Ohio that provides these services to eligible individuals.

Director Kantor-Burman visited with AAA7 staff, staff with the Pike County Community Action Committee

and Senior Center, and paid a special home visit to one of the AAA7's PASSPORT consumers who resides in Pike County. PASSPORT (Pre-Admission Screening System Providing Options and Resources Today) connects families with information about the choices available in long-term care. For those who are Medicaid-eligible, in-home services can include personal care, homemaking, home-delivered meals, medical emergency response systems, medical transportation, adult day care, home medical equipment and supplies, or other services as needed. The AAA7 assigns consumers with care managers who help facilitate a care plan that



Dr. Kantor-Burman with AAA7 consumer Berenda Snyder and her dog, Angelique.

best meets the consumer's needs.

Director Kantor-Burman was appointed Director of the ODA by Governor
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Wrapping Up Our 40th Year



One last bite of birthday cake for the AAA7's 40th Anniversary celebration took place at the AAA7's Staff Meeting that was held in December at Shawnee Lodge in Friendship, Ohio, outside Portsmouth in Scioto County. All staff gathered together for a staff meeting and training day while enjoying time together and honoring those who earned Service Awards for 2012. See more pictures on Page 3.

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AAA7 Releases Annual Report

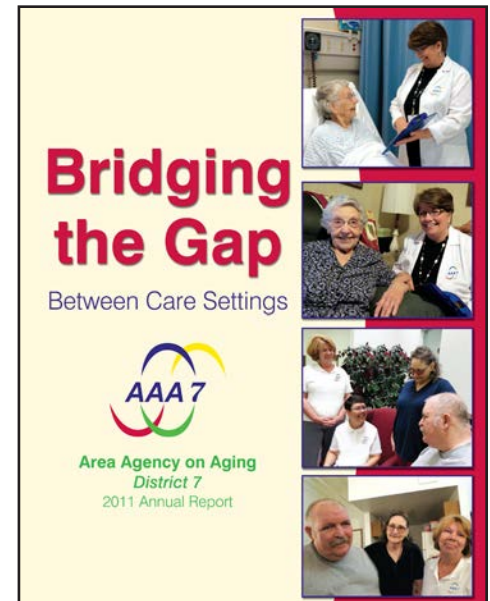
Helpful information including consumer stories, statistics, and impact of services were among some of the items included in the Area Agency on Aging District 7's (AAA7) 2011 Annual Report that was recently presented during the Agency's Annual Meeting at the Southern Ohio Medical Center Friends Center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

The AAA7's 2011 Annual Report, "Bridging the Gap Between Care Settings," 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. 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 2011 Annual Report is available to view online at the Agency's



The cover of the 2011 AAA7 Annual Report.

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 "2011."

AAA7 Staff Collects Donations for Hurricane Sandy Needs

When Hurricane Sandy hit the East Coast in October, causing massive destruction up and down the coast, AAA7 employees wanted to help those in need. As a group, staff raised \$326.00 to send to Hurricane Sandy victims through Community Services, Inc. of Ocean County in Lakewood, New Jersey. Community Services, Inc. is an agency, like the AAA7, that provides 16 Older Americans Act Title III services to seniors, serving as the largest Title III provider in the state with over 10,000 senior citizens. In the aftermath of Hurricane Sandy, Community Services, Inc. has incurred a number of unexpected expenses, and lost one of their two prep-kitchens. The money raised by AAA7 staff, and given to Community Services, Inc., will go toward food for their meals programs (both home-delivered and congregate). Community Services, Inc. was very appreciative and thought it was wonderful that our employees wanted to contribute in this way. Pictured are some AAA7 staff with the check that was mailed.



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 Staff Meeting that was held in December at Shawnee Lodge in Friendship, Ohio. Staff from the Agency's four satellite offices in Rio Grande, Waverly, West Union and Wheelersburg was in attendance.



5-Year Awards (Pictured Left) - Front row, left to right - **Lisa Burleson** (Rio Grande Office), **Aggie Stevenson** (Rio Grande Office), **Mary Ann Jones** (West Union Office), **Amy Parker** (West Union Office) and **Debbie Estep** (Wheelersburg Office). Back row, left to right - **Pam Matura**, AAA7 Executive Director, **Jane Clagg** (Rio Grande Office), **Jack Fout** (Waverly Office), **Cindy Throckmorton** (Waverly Office), **Heidi Lewis** (Rio Grande Office), **Connie Sullivan** (Wheelersburg Office), **Neva Smalley** (West Union Office), **Carolyn Hopper** (Wheelersburg Office) and **April Smith** (Rio Grande Office). Not pictured is **Sherri Hill** (Rio Grande Office).



10-Year Awards (Pictured Upper Left) - Left to right, **Pam Matura**, **Vicki Woyan** (Rio Grande Office), **Karen Wilcoxon** (Wheelersburg Office) and **June DeMoya** (West Union Office). Not pictured is **Vera McCorkle** (Rio Grande Office), **Carol Rieve** (Rio Grande Office) and **Sarah Tobert** (Rio Grande Office).

15-Year Awards (Pictured Upper Right) - Left to right, **Pam Matura**, **Karen Sudhakaran** (Wheelersburg Office), **Joy Polley** (Waverly Office) and **Rex Sanders** (Wheelersburg Office). Not pictured is **David Swingle** (Waverly Office).

20-Year Awards (Pictured Left) - Left to right, **Debbie Gulley** (Wheelersburg Office), **Pam Matura** and **Mansuela Austin** (Rio Grande Office).



25-Year Awards (Pictured Far Left) - Left to right, **Bonnie Dingess** (Rio Grande Office), **Pam Matura** and **Debbie Crawford** (Rio Grande Office).

35-Year Award (Pictured Left) - Left to right, **Joyce Shong** (Rio Grande Office) and **Pam Matura**.

Home Information Program Helps Seniors Live Safely



Are you an older adult living at home? Do you feel safe? Do you have aging parents and worry about their safety and security in living independently at home? For seniors in Ross and Scioto counties, there is a helpful program that can bring peace of mind to seniors and their families while also helping seniors age in place.

The Senior Home Information Program (SHIP) has provided needed services to Ross County seniors since 2007, and Scioto County seniors since 2009. This free service is made possible by a number of coalition members who work together to provide these services. Led by the Area Agency on Aging District 7, Inc. (AAA7), additional coalition members in Scioto County include the Portsmouth Police Department, New Boston Police Department, Scioto County Sheriff's Office, Portsmouth Fire Department, New Boston Fire Department, Scioto County Volunteer Fire Departments, Scioto County Department of Job and Family Services, and Shawnee State University's Master of Occupational Therapy Program. Last year, the program received monetary support from the Scioto Foundation and the Portsmouth Area Ladies Society. Community donations are needed and much appreciated in order to keep SHIP operational.

In Ross County, Coalition members include the Ross County Sheriff's Department, Ross County Firefighters Association, and the Ross County Department of Job and Family Services. The Ross County Seniors and Law Enforcement Together (S.A.L.T.) Council has sponsored and supported Ross County's SHIP program since its inception. Over the past four years,

funding for SHIP in Ross County has been received from the David Meade Massey Foundation and Adena Community Health Partners. As with Scioto SHIP, community donations are also needed to continue Ross County SHIP services. Since the inception of the program, over 325 visits to Ross and Scioto County seniors' homes have occurred, and their response to the program has been overwhelmingly positive.

SHIP is available to all Ross and Scioto County seniors, 60 years of age and older, without regard to income. The service provides a home safety check to identify problems that make an individual susceptible to burglaries, fires, or injuries due to falls. Visits are conducted by qualified law-enforcement officers, fire department personnel, aging service professionals, and occupational therapy student interns. After the no-cost review of a person's home, a written safety assessment is presented to the resident and, if needed, free home safety equipment is provided and installed based on the findings of the assessment.

Specifically in Scioto County, the program is one that is addressing a concern for many seniors given that one in eight Scioto County residents age 60 or older have incomes below the poverty level and have a high possibility of being unemployed. This, in turn, can present a high proportion of individuals who live in dangerous home conditions of which they are unaware or unable to correct because of a lack of income or the age of the house. Not to mention the potential for the home to present conditions that would increase the risk of a fall. Thankfully, the SHIP program provides an avenue to address these concerns in order to provide safer living conditions for Ross and Scioto County's senior population. In fact, SHIP can



work with seniors on preventing home invasion crimes by stressing the importance of keeping doors locked, windows closed, and installing security lights.

"The great aspect of SHIP is the collaborative efforts of so many of our county organizations and agencies," commented Kaye Inoshita, RN, Director of the Long-Term Care Ombudsman Program at the Area Agency on Aging District 7. "Without the support from these agencies and the individual professionals who give of their time to develop the program, SHIP would not exist. It is a wonderful program that helps seniors safely age in place in their own homes."

A senior who was able to benefit from the services provided through SHIP commented, "This means so much to someone living alone like me. You get a 'thumbs up'."

For more information regarding SHIP, or to find out if you qualify for a free assessment, in Scioto County, call Anna Keibler with the Area Agency on Aging toll-free at 1-800-582-7277, extension 133. In Ross County, contact Steve Barnes with the Ross County Sheriff's Department at (740) 773-1186.

Caregiver Month Observed


National Family Caregiver Month is observed every November around the world to draw attention to the many challenges facing family caregivers, to advocate for public policy to address family caregiver issues, and to raise awareness about the community programs that support family caregivers. The first presidential proclamation to promote the celebration of family caregivers began in 1997, and every year since then, a proclamation has been issued to express appreciation for caregivers. Day in and day out, more than 65 million family caregivers in the United States fulfill this vital role. Today, family caregivers are supporting our entire healthcare system by providing more than 80 percent of all homecare services.

Over the past decade, the awareness gained by family caregivers and others has changed caregiving from a private family situation to a societal issue. Today, policy makers, employers, insurers, and healthcare professionals are beginning to address the concerns of family caregivers. Family caregiving is an issue for all of us.

The Area Agency on Aging District 7 believes it is important for places of business to recognize that employees are often providing care for loved ones and may need assistance. As a community member, you can take action by delivering dinner to a caregiving family once a week, offering to provide the caregiver a short break, or providing transportation. The Family Caregiver Support Program at the Area Agency on Aging District 7 (AAA7) can offer advice and check on options that may be in your community depending on availability, eligibility and other factors. As more and more individuals are being cared for at home by loved ones and friends, there is an even greater need to have as much caregiving support options and ser-

Encouragement for Caregivers

Are you a caregiver or know a caregiver? Remember these four encouragement tips provided by the National Family Caregivers Association (www.nfacares.org).



Believe in Yourself – Try to maintain a positive attitude by recognizing your strengths and limitations.

Protect Your Health – Try to maintain your physical and emotional health and well-being. Your good health is the greatest gift you can give your loved one and your entire family.

Reach Out for Help – Reaching out and asking for help is never a sign of weakness, rather it demonstrates strength and a keen awareness of your own abilities and sense of self.

Speak Up for Your Rights – Be knowledgeable of the issues surrounding your loved one's diagnosis and treatment options. Advocate for your loved one and develop strong self-advocacy skills for not only your loved one, but for you as well.

"One person caring about another represents life's greatest value." - Jim Rohn

vices available as possible. We will continue to advocate for caregivers and advocate for the continuation and growth of support services and programs to best benefit their needs. To learn more, please call us at 1-800-582-7277.



ODA Visit

continued from Page 1

John R. Kasich in January 2011. Before coming to the Department, Director Kantor-Burman was the executive director of the Pioneer Network, a national center for the development of person-centered long-term care delivery systems. Prior to that, she was the director of the Office of Geriatrics and Gerontology at The Ohio State University in Columbus. She earned her doctorate in health policy and management from The Johns Hopkins Bloomberg School of Public Health.

Person-Centered Care Discussions Hosted Across District

Marking the second year in a row, the Area Agency on Aging District 7 (AAA7) Regional Long-Term Care Ombudsman Program has once again received a grant from the Ohio Department of Aging for the promotion of person-centered care and culture change in our region's nursing homes.

Culture change is a national movement designed to transform the way we think about and provide care to individuals, whether they are living independently, in an assisted living community, or in a nursing home. The goal of culture change is to move from an institutional model of care to a person-centered model, in order to create a more home-like environment. Person-centered living, no matter where someone lives, should promote the opportunity for the individual to direct their life to the greatest extent possible.

On December 4, 2012, the AAA7 Ombudsman Program sponsored a conference for ten of our region's nursing homes entitled, "Creating Homes: The Person-Centered

Care Journey." The homes that participated were chosen through a survey process to work with the Ombudsman Program on the year-long grant project. Participants spent the day learning about how to provide individualized care in the areas of nursing, dining, bathing, activities and more. The importance of making a real home for nursing home residents on day one of admission was stressed, as well as providing consistent care through consistent staff assignment.

Speakers included Barbara Frank, former Connecticut State Ombudsman and graduate of Harvard University, Kennedy School of Government; and Cathy Brady, former Connecticut Regional Ombudsman, and graduate of Eastern Connecticut State University. Both spoke at length about the importance of leadership in the Person-Centered Care Journey. Kaye Inoshita, the Director of the AAA7 Ombudsman Program, stated that, "Strong support from nursing home leadership is crucial for the success and completion of the per-

son-centered care journey in each facility. It is vitally important that leadership embrace and support the project so that the concept can be fully embraced and succeed."

Five of the ten homes attending the conference worked with the Ombudsman Program on last year's project. Through the direction of the Ombudsman Program, these homes developed Person-Centered Care (PCC) Committees and achieved significant person-centered changes along the way. The five new participating homes are in the process of developing PCC Committees which include nursing home staff as well as residents and ombudsmen. These committees will serve to provide the participating homes with a vision for their PCC journey by keeping resident wants, wishes and needs at the forefront of any changes made.

For more information about Person-Centered Care, call Kaye Inoshita at 1-800-582-7277, extension 21151.

The Area Agency on Aging District 7 Remembers

Donna Friend 1930-2012

Donna Friend was devoted to helping others and her community in Adams County and served as an advocate for senior citizens throughout her long career, retiring from the Adams County Senior Citizens Council after 33 years. In her role as Executive Director of the Adams County Senior Center, she served as an ex-officio member of the Area Agency on Aging District 7 Advisory Council.

Donna received the 2006 Adams County Outstanding Senior Citizen Award as well as the 21st Annual William A. Jenkins Memorial Award from the Area Agency on Aging District 7 for her selfless dedication to services for senior citizens.

The Area Agency on Aging District 7 will always be grateful to Donna for her dedication and commitment to seniors and her community.



Community Coach Describes Teaching

Over 58 percent of Ohioans have been diagnosed with at least one chronic disease, and over 33 percent of adults over 60 fall each year. Evidence-based health programs offered by the Area Agency on Aging District 7 (AAA7), have the impact to make a difference in the lives of older adults who are living with a chronic disease or who have a fear of or potential to fall.

The “Chronic Disease Self Management Program” through the AAA7 helps individuals navigate the health care system, while “A Matter of Balance” integrates exercise with fall prevention. Both programs can help older adults be more independent. In 2011, four Chronic Disease Self-Management classes were offered and two Matter of Balance classes. The programs are dependent on community leaders and the time that they spend through training and the actual classes they offer in their communities. The AAA7 is actively looking for community volunteers to train in order to expand these wonderful programs throughout the district.

One of the community leaders from Highland County, Debbie Rhude, who works at Heartland of Hillsboro, shared the following about her experience as a Community Coach:

I enrolled in the classes given by AAA7 to become a Community Coach because my colleagues had previously taken the classes and recommended them as something that could be an important benefit for our community. With my employment, it is always helpful to serve as a resource for potential customers. I felt that the opportunity to take these classes would enhance my knowledge, and experienced them along with my co-worker, JD Steven.

The classes were thoroughly taught by AAA7 staff for four days. The instructors were very good and took seriously their task in regard to teaching individuals about successful healthy lives. The information was very interesting and easily understood. “Living a Healthy Life with Chronic Conditions” was the textbook, and it proved to be very helpful. JD and I, as all those who attended the classes, learned about ourselves and how we can better manage our lives in certain situations.

The time came when it was our turn to present the information we learned as a part of our very own classes to the community. We held the classes at the Senior Citizens Center in Hillsboro, Ohio. JD and I were very nervous thinking that there would not be very many people interested in the material we were presenting. Much to our surprise, we had 16 people sign up with most attending all the classes.

Presenting the information was pretty easy following the guidelines that were given by our instructors. It was surprising how everyone was interested in the information that was taught. We had both patients and caregivers who attended. Being able to provide them with the necessary tools to help with pain control, depression, emotions, muscle relaxing, healthy eating and exercise proved to be beneficial to all.

I believe the session that excited me the most was when we talked about “Future Plans for Health Care.” By the next class, everyone had completed their Living Wills and Durable Power of Attorney, or at least was talking about them. The attendees were interested in all the topics covered and participated well. This was truly a great learning experience not only for us, but one that is transferrable to others who want to help improve

their quality of life. We were happy to have had the opportunity to lead these individuals and assist them in preparing to live a healthy lifestyle, and look forward to sharing this information to future classes.



Interested in becoming a community coach where you can help others by teaching chronic disease self-management classes?

If so, call Vicky at 1-800-582-7277, extension 22254





Area Agency on Aging District 7, Inc.

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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 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!

- ✓ **2013 BOARD OF TRUSTEES MEETINGS** - February, April and August Meetings will be held at the OSU Endeavor Center in Piketon. Locations for the other months will be announced at a later time. Meeting dates and times are as follows:
 - February 20 at 12:30 pm
 - April 17 at 12:30 pm
 - June - Appreciation Brunch (Details to be determined and announced at a later time.)
 - August 21 at 12:30 pm
 - October 16 at 12:30 pm (Annual Meeting Preceding)
 - December 18 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!