



Assistance. Advocacy. Answers on Aging.

Area Agency on Aging District 7, Inc.
F-32, URG, P.O. Box 500
Rio Grande, Ohio 45674-0500
(800) 582-7277, TTY (888) 270-1550

www.aaa7.org

IN THIS ISSUE:

AAA7 Director of External Affairs to Retire
Stultz Named AAA7 Board of Trustees President
Scioto County SHIP Program Launch Scheduled
Snyder Receives 2009 Elder Caregiver Award
Farmers Market Time for Seniors
27th Annual Art Show
AAA7 My Care, My Way
"A Matter of Balance" at First Holzer Apartments
AAA7 Staff visits Senator
2009 Training Calendar
Ohio Aging Advocacy in Action 2009
Older Americans Month-May
Congressman Wilson Holds Town Hall Meeting
AAA7 Older Americans Photography Contest
2009 Joined Hearts in Giving Award
Frowine Inducted into Ohio Senior Hall of Fame
HOME Choice Program helps Ohioan move

THE AGING NETWORK

PAMELA K. MATURA, EXECUTIVE DIRECTOR
SPRING/SUMMER 2009



Assistance. Advocacy. Answers on Aging.

Area Agency on Aging District 7, Inc.
F-32, URG, P.O. Box 500
Rio Grande, Ohio 45674-0500
(800) 582-7277, TTY (888) 270-1550

www.aaa7.org

Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties
"Services Rendered On A Non-Discriminatory Basis"

It's A Sad Good-Bye

Personal message from Suzanne Shelpman.....

On April 6, I informed Pam that I was retiring effective June 30.

It has now been a year since my parents passed. So, it is time for me to devote to 'Becoming Me' (book I read on being an adult orphan). I gave it my all during 36 years of work - dedicated to people - and I hope you realize that I did that not only for AAA7 - but for you, our network, too.

It is time for me to devote to me and what I want to do. Part of that is very exciting. I am building a business - The Passages Group, Inc. - that will assist family members in caring for a person with Alzheimer's or related dementia. It is not case management. It is a navigation assistance - an advocacy concierge.

It is what I have done for several of my parents' friends who had no one to turn to in getting through the maze. I personally cherish 15 years of caregiving for my precious mother. So that is part of my past and future - carrying on work with Alzheimer's Disease focus. That is my passion.

I am also looking forward to connection with the agency after July 1st, continuing state rule review and a new opportunity for aging policy review.

I will finally have time to travel and get into other things that I have put off for far too long. I have always wanted to learn how to paint. I have always wanted to learn how to play the sax.

There are many exciting initiatives that are cutting-edge coming around the corner for aging programs at AAA7 and I feel I have been a small part in making that happen over the last seven years in many roles.

How can I be so sad and happy at the same time? The Lord is very good to me. And I only hope that He gives you the same joy in work and life that I have had during the past 36 years.

Excerpt from Suzanne's retirement letter to Pam...

...It is with deep sadness to be leaving yet boundless gratitude that I have been afforded the opportunity to be a part of the Area Agency on Aging District 7, Inc. family.

I have nothing but the highest regard for you, the Board members, my colleagues, and the staff at AAA7. For nearly seven years, I have seen many internal and external changes. At various times, we have worked on revision of the agency's Mission Statement, as is occurring again right now. But, I have found that it doesn't really matter what are words on paper. The mission of this agency is written within the hearts of its staff.

And it is my hope that you will always remember that my loyalty and service to our consumers was the guiding force of my efforts.

There are paths that we take that forever change us. I personally found that opportunity and support at the Area Agency and I am confident that it is the right time to move to the next path in my future.

I will always continue to keep AAA7 and its staff in my thoughts and prayers...

JOHN STULTZ NAMED AAA7 BOARD OF TRUSTEES PRESIDENT



L to R: Pamela K. Matura, Executive Director, Area Agency on Aging District 7, Inc. (AAA7); John Stultz, President of AAA7 Board of Trustees; and Ana Maria Pirs-Mendieta, Immediate-Past President of AAA7 Board of Trustees

John Stultz of Bainbridge, Ohio, was recently elected President of the Area Agency on Aging District 7, Inc. Board of Trustees, replacing Immediate-Past President Ana Maria Pirs-Mendieta.

Stultz served on the Area Agency Advisory Council for 12 years before being elected to the Board of Trustees. He is active in his community and is a member of organizations and boards throughout the Ross County area.

Notable of those providing him with a wealth of experience to lead the AAA7 Board are the Bainbridge Senior Citizens, Ross County Senior Citizens, Community Action Board, Ross County Advisory Council, Greenfield Home Health, Bainbridge Historical Society, Bainbridge Assembly of God Church, Ross County Sheriff Dept. Triad (SALT Committee), Bainbridge Clothing Bank, Ross County Social Services, and Neighborhood Crime Watch.

Pamela K. Matura, AAA7 Executive Director, said, "John often travels to Columbus to visit legislators and advocate for seniors' needs and programs. His passion is to help individuals remain safely in their homes with appropriate services."

Matura continued, "It is a pleasure working with John because he sincerely cares about older adults and wants to help those most vulnerable. One of his favorite lines is... 'You have to walk the talk.'"

Stultz retired from the U.S. Postal Service and his own business, Sweet Water Farms, Inc. He lives in Bainbridge with his wife, Polly.

SCIOTO COUNTY SHIP PROGRAM TO BE LAUNCHED JUNE 17

Celebration of the Senior Home Inspection Program (SHIP) launch is planned for June 17. The kick-off event will be held in the Appleton Gallery of the Vern Riffe Center for the Arts at Shawnee State University.

Are home entrance steps safe?

Is your smoke alarm working properly?

**Can you identify what might
cause a fall in your home?**

**Do you have adequate lighting
and home security measures?**

Community partners have joined hands and are sharing their expertise to help make senior citizens safer in their homes.

The Area Agency on Aging District 7, Inc. (AAA7) has been a leader in bringing the Senior Home Inspection Program to Scioto County. Kaye Inoshita, Director of the AAA7 Long-term Care Ombudsman Program, understands the impact a home inspection can bring for seniors.

"We started in Ross County, and our vision has to expand to other counties in the AAA7 district. The collaborative partners in Scioto County seemed a logical choice, and we were right. They saw the need and stepped up to the plate to make SHIP happen in Scioto County for older adults," says Ms. Inoshita.

For more information or to schedule a Scioto County visit of the Senior Home Inspection Program team, call the AAA7 Resource Center at 800-582-7277.

Scioto SHIP Community Partners

*Area Agency on Aging District 7, Inc.
Shawnee State University
Portsmouth Police Department
Scioto County Sheriff's Office
Portsmouth Fire Department
Department of Job and Family Services
Retired Senior Volunteer Program
New Boston Fire Department
New Boston Police Department
County Volunteer Fire Departments*

THE WONDERFUL CHOICE OF RETURNING HOME



L to R: Kaye Inoshita, Director of the Area Agency on Aging District 7, Inc.'s Ombudsman Program; Mark Skaggs, Park Street Apartments new resident; and Tammy Bowen, manager of Park Apartments

Mark Skaggs is no longer waiting. He is going home.

The HOME Choice program-"Helping Ohioans Move, Expanding Choice"- made it possible.

Nursing home residents have an opportunity to transition back into the community by using services and supports available through HOME Choice Transition Coordination services.

The Area Agency on Aging District 7, Inc. (AAA7) is opening the door for residents' dreams of returning home to live. HOME Choice is the Ohio initiative of the federal 'Money Follows the Person Demonstration' grant.

In the past, it has been very difficult for nursing facility residents to return home or back into the community due to a lack of coordinated supportive services. But, that changed seven months ago. Transition Coordination services are now provided by the AAA7 Regional Long-Term Care Ombudsman Program team of professionals.

A major stumbling block for residents was a lack of money and resources to pay for rental and utility

deposits, transportation expenses, furniture and other household items. With the new HOME Choice Transition Coordination services, these barriers have been removed.

Tuesday, March 10th, was "move day" for Mark Skaggs, a forty-seven year-old resident of Golden Years Health Care Center in Portsmouth, Ohio.

Skaggs moved to Park Street Apartments in Portsmouth. This became a reality with the assistance of the AAA7 transition coordinator/ombudsman and his family. Golden Year's social worker and other nursing facility staff and his Care Star case manager were all part of the success.

His personal journey began in November with a Home Choice referral. The transition coordinator visited him at the nursing home to identify appropriate types of services and supports he would need to transition back into the community.

The transition coordinator helped Skaggs secure appropriate, affordable housing and worked with his Care Star case manager, Nancy Harkless, to secure in-home services for him.

Kaye Inoshita, Director of the AAA7 Ombudsman Program, assisted him with his move and is quick to point out, "...Mr. Skaggs was fortunate to have Tammy Bowen, manager of Park Apartments, to make his transition possible. She was very helpful throughout the entire process."

The HOME Choice program also assisted Skaggs and his family with purchasing the necessary household items and furniture he would need to successfully transition into his apartment.

Recently, Inoshita stopped by Park Apartments and found him visiting with family and friends. He had decorated his apartment with family photos and other personal mementos. Inoshita says he is doing extremely well and is very happy to be in his own home again.

**JACOB FROWINE INDUCTED
INTO THE 2009 OHIO SENIOR CITIZENS HALL OF FAME**



Front row, left to right: Ava Chaboudy, friend of Jake Frowine; Jake Frowine, Inductee to Ohio Senior Citizens Hall of Fame; June Frowine, wife to Mr. Frowine; Suzanne Shelpman, Director of External Affairs, Area Agency on Aging District 7, Inc.; Lois Litteral, friend of Mr. Frowine. Second row, left to right: Nina R. Keller, Assistant Director/Director of Planning for the Area Agency on Aging District 7, Inc.; Nancy Smith, Winnie Bryant, Clare Grossman, Carolyn Arbogast, and Ed Sullivan (sitting), friends of Mr. Frowine. Third Row: Frieda James, Alean Kuhner, Jack Eckhart, and Millie Eckhart, friends of Jake Frowine

Turning 100 years old in April, Jacob Frowine may have been the eldest gentleman crossing the stage in Columbus, but his bright eyes, quick wit, and spry step belies age. Vibrant and with no intention of slowing down, he saw and heard the officials and audience gasp, clap, and cheer as he was introduced.

Mr. Frowine was recently recognized and inducted into the 2009 Ohio Senior Citizens Hall of Fame by Governor Ted Strickland, Speaker for the Ohio House of Representatives Armond Budish, and the Ohio Department of Aging, for his many awards, accomplishments and dedication to his community. These awards include the Ohio Education Award, the Ohio Retired Teachers award, induction into the Minford Hall of Fame and the Kiwanis "Service Above Self" award. In 1997, he was named the Ohio Elk of the Year.

A life well-lived, all of Mr. Frowine's awards are too numerous to list. During his induction into the 2009 Senior Citizens Hall of Fame, Mr. Frowine stated humbly, "...any honors I have received are because I have been fortunate to serve 'people.' It is the highest work that one can do."

His career began at age 19 as a teacher. Love of education has never been far from his heart. As the first certified Guidance Counselor in the area, followed by decades in the classroom and as an administrator, Mr. Frowine continues his work as a university faculty member and sits on the Shawnee State University advisory board of the A.B.L.E. program.

In the Ohio Retired Teachers Association, he helped to develop education public policy and to engage retired teachers. He has served as president of the Scioto County Retired Teachers Association and as chairman of the association's legislative committee. The Ohio Education Association of Retired Teachers recognized him for outstanding service in a leadership and advisory capacity.

In 1982, Mr. Frowine joined the Retired Senior Volunteer Program of Scioto County, where he still delivers meals on wheels. In 2006, he earned the organization's "Length of Service Award."

He volunteered with the Southern Ohio Medical Center, where he helped raise funds for the first CT scan machine in the region. He also has volunteered with the Salvation Army, helped raise funds for the Arthritis Foundation and read to the blind through Scioto County Radio Reading Service.

The residents at Hill View Retirement Community elected him to be their representative on the Hill View Board of Directors; where he served for eight years. He also has been an active member of the residents' council.

Mr. Frowine and his wife, June, continue to enjoy an independent-living cottage at Hill View and together, they are an inspiration to their family, friends, colleagues, neighbors, and community.

PATTY SNYDER RECEIVES HONORS: 2009 ELDER CAREGIVER OF THE YEAR AWARD



L to R: Nina R. Keller, Assistant Director/Director of Planning for the Area Agency on Aging District 7, Inc.; Patty Snyder, Ohio 2009 Elder Caregiver of the Year; and Clyde Evans, State Representative.

Patty Snyder was recently recognized by Armond Budish, Speaker for the Ohio House of Representatives, Governor Ted Strickland, and the Ohio Department of Aging for her many hours of caregiver she gives to her parents. Because of her commitment and sacrifice for her parents, they are able to live together in their own home, instead of going to a skilled care facility.

Assistant Director for the Area Agency on Aging Nina R. Keller and Representative Clyde Evans attended this annual event. Representative Evans presented Ms. Snyder with a proclamation for her service and dedication from the Ohio House of Representatives.

IT IS FARMERS MARKET TIME FOR SENIORS!

What could better than fresh fruits and vegetables straight from the garden! This season at the Ross County Farmers' Market, eligible seniors will be able to purchase fresh fruits and vegetables from area farmers participating in the Senior Farmers' Market Nutrition Program.

The Area Agency on Aging District 7, Inc. has partnered with the Ross County Committee for the Elderly and The Ohio State Extension South Centers to bring this opportunity to Ross County. Many counties in Ohio have started the Senior Farmers' Market Nutrition Program in recent years with great success.

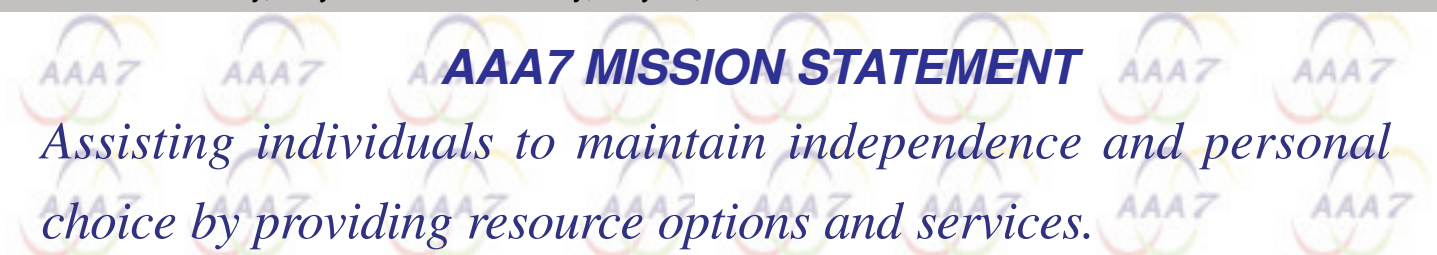
This is the first Senior Farmers' Market Nutrition Program in the ten-county region served by Area Agency on Aging District 7, Inc. "Getting the food to the seniors is our goal. It is especially important to help seniors get access to local produce, it is a win-win situation for all, farmers and seniors", says Nina R. Keller, Assistant Director/Director of Planning for the Area Agency on Aging.

Sign up for the program was held at the Ross County Senior Citizens' Center, 1824 Western Avenue in Chillicothe on Friday, May 22 and Wednesday, May 27,

from 10:00 AM to 2:00 PM. Enrollment in the program was on a first-come, first-serve basis. Individuals who enrolled in the program had to be age 60 or over and have an annual income of \$20,035 or less as a single person, or \$26,954 or less for a household of two.

Participants receive \$50 worth of coupons that can be used to purchase fresh produce and herbs from participating farmers at the market. Examples of produce that can be purchased include but are not limited to: apples, berries, cherries, grapes, pumpkins, beans, cabbage, carrots, corn, potatoes, tomatoes, rhubarb, and many herbs. Honey is also included this year. Several farmers have already signed up to offer their produce through this program. The market is held Saturdays, May through October from 8:00 AM to Noon at the Ross County Service Center parking lot on Western Avenue in Chillicothe.

The program is sponsored by the Ohio Department of Aging, Area Agency on Aging District 7, Inc. and the United States Department of Agriculture – Equal opportunity providers. Questions? Call Rita Pauley at 1-800-582-7277 or Jodi Riley at 733-3354 for more information.



27TH ANNUAL ART SHOW



Receiving the highest award given to an artist of the Area Agency on Aging District 7, Inc. annual Art Show and Essay/Poetry Contest, the "Victor Potts Award" was awarded to Sandra Lane for her oil painting titled "Raccoon In Our Back Yard" seen in the background. Sandra is on the right and shown here with Pamela K. Matura, Executive Director, Area Agency on Aging District 7, Inc.

AAA7 MY CARE, MY WAY

The Ohio Department of Aging chose the Area Agency on Aging District 7, Inc. (AAA7), to demonstrate how an Administration on Aging (AoA) grant-funded project can save Medicaid dollars while keeping people in their homes and communities—where they want to be.

The *My Care, My Way* pilot describes exactly how it will work. Its purpose is to identify older adults who meet the criteria of nursing facility placement and are at imminent risk of spending down to Medicaid, to purchase care with other resources so they can remain at home.

Not only can the success of nursing home diversion programs like this transform long-term care rebalancing efforts in Ohio, it will give consumers more choice in how they receive the care they need. Although consumers are care managed by AAA7 staff, it is a consumer-directed program.

In a future component, veterans will be able to purchase AAA services through a Veterans-Directed Home and Community Based Service Program.

Between October 2008 and March 2010, AAA7 will pilot *My Care, My Way* and develop evaluation reports and methods for duplicating the program throughout Ohio's AAA network.

DATES, TIMES, AND LOCATIONS FOR THE BOARD OF TRUSTEES AND ADVISORY COUNCIL MEETINGS IN 2009

BOARD OF TRUSTEES

June 17, 12:30 pm, OSU Endeavor Center
August 19, 12:30 pm, OSU Endeavor Center
October 21, 10:00 am, OSU Endeavor Center (Joint Meeting with the Advisory Council)
December 16, 12:00 pm, Location to be announced (probably at the Emmitt House Restaurant)

ADVISORY COUNCIL

July 15, 10:00 am, OSU Endeavor Center
October 21, 10:00 am, OSU Endeavor Center (Joint meeting with the Board of Trustees)

AREA AGENCY ON AGING DISTRICT 7, INC. BOARD OF TRUSTEES

John Stultz, Ross County, President
Tammy Nelson, Scioto County, Vice President
Alice Ward, Pike County, Secretary/Treasurer

Audrey Ditmas, Highland County
Doug Green, Brown County
Charles Harper, Lawrence County
Patricia Strickland, Pike County
Harold Walker, Highland County
Andy Graham, Jackson County
Deanna Tribe, Vinton County
Kathleen Finnegan, Adams County
Jane Ann Burns, Vinton County
Ana Maria Pirs-Mendieta, Gallia County, Ex-Officio

AREA AGENCY ON AGING DISTRICT 7, INC. ADVISORY COUNCIL OFFICERS

Robert Allen, President
Prudie Snider, Vice President
Harold Bennett, Secretary/Treasurer

RESULTS OF THE AAA7 OLDER AMERICANS PHOTOGRAPHY CONTEST

The Area Agency on Aging District 7, Inc. is pleased to announce the winners of the annual "Aging Well, Living Well" Photography Contest. The event was designed as a promotion for Older Americans Month to enhance the image of older Americans to all generations through photographs and was open to all non-professional photographers, of any age. Photos submitted had to include at least one older person, age 65 years or older, or groups of older people, reflecting the theme of "Aging Well, Living Well," along with a brief narrative by the photographer that described how the photo expressed the theme.

A panel of judges chose as "Best Photo" in the 6th annual Area Agency on Aging District 7, Inc. "Aging Well, Living Well" Photography Contest, the photo and descriptive narrative submitted by Juanita Martin of Adams County. The subjects of the first place winner were Joe Martin and "Betsy." Chosen as the second place winner was Kim Hurd of Jackson County who submitted a photo and narrative of the late Ken McAllister and his great granddaughter, Savannah Brooke Hurd. Juanita Martin of Adams County submitted a narrative and a photo of Berchie Copas with great grandson, Tim Downing to win third place. Fourth place went to Michael Monett of Lancaster with a photo and narrative of Chester Riffe. Honorable mentions went to Patricia Parsons of Gallia County with a photo and narrative of Charlie and Frances Miller and to Juanita Clark of Jackson County with a photo and narrative of Judy McCorkle.

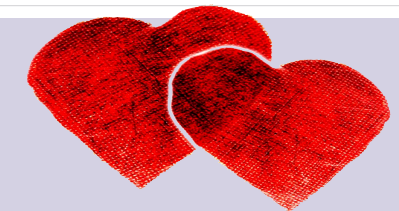


All of the photo contest entries and the accompanying narratives were on display during the 2009 Senior Art Show and Essay/Poetry Contest at the Greer Museum on the campus of the University of Rio Grande in May. For more information, please contact Sharon Bowman at the Area Agency on Aging District 7, Inc., 800-582-7277.

2009 JOINED HEARTS IN GIVING Larry and Joyce Shong, Bidwell



l to r: Barbara Riley, Ohio Department of Aging Director; Larry and Joyce Shong, "2009 Joined Hearts in Giving" awardees; and, Ohio First Lady Frances Strickland



Married for more than 40 years, Mr. and Mrs. Shong are both actively involved with 4-H. Larry has been involved with 4-H for 30 years, and has served as an advisor for 20 years. He served on numerous board and committees, including the Gallia County Fair Board, the Extension Advisory Committee, the 4-H Executive Committee, the Gallia County Farm Bureau Board and the Woodland Centers Board. He was chairman of the Gallia County Fundraising Committee which raised \$10,000 for the 4-H building at The Ohio State University. Joyce has been involved with 4-H for 35 years, 20 years as an advisor. She has served in several capacities on the 4-H executive committee, including president.

**CONGRESSMAN CHARLIE WILSON HOLDS TOWN HALL MEETING
AT INTERGENERATIONAL CONGREGATE MEAL SITE**



Meeting with Congressman Charlie Wilson prior to the Town Hall meeting from left to right were: Hillary Wicai Viers, Communication Director for U.S. Representative Charlie Wilson; Nina R. Keller, Area Agency on Aging District 7, Inc. (AAA7) Assistant Director/Director of Planning & Program Development; Phil Roberts, Field Representative for U.S. Representative Charlie Wilson; Charlie Wilson, U.S. Representative; Pamela K. Matura, AAA7 Executive Director; Bonnie Dingess, AAA7 Director of Homecare; Suzanne Shelpman; AAA7 Director of External Affairs; Sharon Bowman, AAA7 Director of Public Relations; and Vicky Abdella, AAA7 Director of Community Services

“When we’re losing 20,000 jobs per day, you must act quickly,” U.S. House Representative Charlie Wilson said to a group of nearly 200 older and younger adults attending a Town Hall meeting Thursday on the University of Rio Grande (URG) campus.

Wilson noted the escalating job losses, economic crisis, and state budget deficit as three of several compelling reasons Capitol Hill had to move swiftly to pass the American Economic Recovery and Reinvestment Act of 2009, also known as the Stimulus Plan. Wilson represents Ohio’s 6th Congressional District.

The Congressman selected URG due to its unique intergenerational congregate meal program administered by the Area Agency on Aging District 7, Inc (AAA7). “This provides an excellent venue for university students and older adults to socialize and learn from each others’ experiences.”

Representative Wilson cited many caveats in the Stimulus Plan that would benefit both generations. Examples such as the \$250 stimulus check coming to older adults who receive Social Security and the increase in the PELL grant, which serves as financial aid for college expenses, were explained.

Those attending the Town Hall meeting had several questions for the Congressman. Hands reached into the air throughout the campus dining hall as individuals asked about the home foreclosure problem, Iraq war veterans’ high unemployment rate, infrastructure, Social Security parity, and the banking issue.

But when the meeting concluded, most left with Representative Wilson’s optimistic, yet cautionary, words ringing in their minds: “The Stimulus Plan dollars are critical to turn the U.S. economy around – and America will recover - but we, as citizens, must do our part in personal responsibility.”

For more information about the intergenerational congregate meal site or other programs offered by the Area Agency on Aging District 7, Inc. contact the AAA7 Resource Center at 800-582-7277.

The Regional Long Term Care Ombudsman program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277

**GALLIA COUNTY RESOURCE CENTER
COMPLETES “A MATTER OF BALANCE”
CLASS AT FIRST HOLZER APARTMENTS**



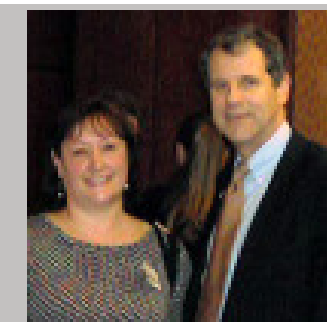
L to R, Seated: Bette Ryal, Jane Malone, Lois Young, and Judy Fife, all participants. Standing: Judy Rejoinis, Gallia County Resource Center; Carolyn Miles, James Clark, Annabelle Fellure, Ada France, all participants; Marcella Taylor, Gallia County Resource Center; Vicki Woyan, Area Agency on Aging District 7, Inc., Matter Of Balance Master Trainer; Shirley Doss, Director of Gallia County Resource Center; and Pamela K. Matura, Executive Director of the Area Agency on Aging District 7, Inc. Not pictured, Hazel Camden, participant.

Throughout the month of February, residents of the First Holzer Apartments along with several community members completed the first “A Matter of Balance” Class in Gallia County.

A Matter of Balance classes focus on reducing the fear of falling and increasing activity levels among participants. The program offers ideas for individuals to set realistic goals to increase activity, change their environments to reduce fall risk factors, and learn a series of simple exercises to increase strength and balance.

COFFEE WITH SHERROD

Once a month, U.S. Senator Sherrod Brown (D-OH) offers the opportunity for Ohio constituents to meet with him for “Coffee with Sherrod” in the Capitol Visitors Center, where he and his aides talk with each of his visitors about concerns in Ohio. Lori Brooks, AAA7 Community Services Assistant, seen here with Senator Brown during a recent visit to Washington, D. C., got the chance to discuss economic conditions in southern Ohio with Senator Brown and thanked him for his continued support for seniors and the rural communities that the Area Agency on Aging District 7, Inc. serves.



For information about Ohio Medicaid programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Fraud Hotline at 1-800-324-8680.

Participants at First Holzer Apartments and other attendees from the community felt a stronger desire to work harder in gaining strength and made changes to their environments such as removing throw rugs and organizing items so they are reachable to aid in reducing the chance of a fall.

A Matter of Balance participant remarked, “I can’t believe that something so simple as just moving my kitchen pots, pans, and dishes to a lower shelf has cut the time preparing meals. I find I move more quickly and confidently since removing my kitchen rug, too.”

Another participant chuckled, “And I can’t believe I am exercising again! You don’t have to go to a gym and use equipment. Just easy exercises you do at home have improved my strength and is giving me back my balance.”

National data also reveal positive outcomes from participation in the program including; 97% report feeling more comfortable talking about their fear of falling, 97% report feel more comfortable in increasing their activity, 99% report they continue to exercise after the class, and 98% would recommend others to sign-up!

If you have turned down a chance to participate in activities because of a fear of falling or wish to improve the quality of your life and remain independent — participation in A Matter of Balance class may be your answer. Remember, there is no cost to participate or host a class.

The Area Agency on Aging District 7, Inc. and the Gallia County Resource Center want to offer A Matter of Balance to other interested individuals. If your facility, apartment complex, or community organization may be interested in hosting a class, please contact, Vicky Abdella, R.N., Director of Community Services at AAA7 by calling (800) 582-7277, ext. 254 for more information.

For more information about all services and programs offered by the Area Agency on Aging District 7, Inc., call 800-582-7277 or visit the website at www.aaa7.org.

2009 TRAINING CALENDAR

July 14 "Navigating the Maze of Confidentiality Regulations and Participating in Legal Proceedings- Understanding the Legal and Ethical Issues"

Comfort Inn, 7525 US Rt. 35, Piketon, OH - 8:30-4:00
Cost: \$50 - Trainer: William Rooney, Ph.D., MHA
CEUs: Approved for SW, RN, and BENHA

August 25 "What the Heck Happened? An Employment Law Update"

Comfort Inn, 7525 US Rt. 23, Piketon, OH - 8:30-12:15
Cost: \$45 - Trainer: Scott Warrick, JD, MLHR, SPHR
CEUs: Approved for three (3) hours for SW (SW hours accepted by Ohio Board of Nursing for RN) and application has been made for BENHA-three (3) hours and Accountants CPE

September 30 OSHIIP Update Class

1644 11th St., Portsmouth, OH - 9:00-12:00
Trainer from OSHIIP - Registration for OSHIIP classes is made directly through OSHIIP 614-728-1041

October 8 Medicare Part D Update & Changes

1644 11th St., Portsmouth, OH - 10:00-12:00 - Lynn Heskett, OSHIIP

October 13 "Sensitivity to Aging"

1644 11th St., Portsmouth, OH - 9:00-12:15
Cost: \$40 Trainers: AAA7 Staff - CEUs: Approved for three (3) hours continuing professional education for SW, the Ohio Board of Nursing accepts events approved for SW for continuing nurse education, application has been made for approval for three (3) hours for BENHA

October 27 "DRIVE"

1644 11th St., Portsmouth, OH - 8:30-4:30
Cost: \$40 - Trainers: AAA7 Staff

November 3 "The Psychosocial Needs of the Medically Complex Patient"

Comfort Inn, 7525 US Rt. 23, Piketon, OH - 9:00-4:00
Cost: \$50 - Trainer: James H. Collins, Ph.D.
CEUs: Approval SW/RN and BENHA hours

December 2 Medicare Check-up for Scioto County

1644 11th St., Portsmouth, OH 45662 10:00-12:00
- OSHIIP - Registration for OSHIIP classes is made directly through OSHIIP 614-728-1041

Contact Debbie Crawford at AAA7 for registration unless otherwise stated.

OHIO AGING ADVOCACY IN ACTION 2009

AAA7 BOARD OF TRUSTEES MEMBERS AND STAFF MEET WITH STATE LEGISLATORS



L to R: Suzanne Shelpman, AAA7 Director of External Affairs; Alice Ward, AAA7

Board of Trustees; John Carey, Ohio Senator; Debbie Gulley and Bonnie Dingess, both AAA7 Directors for Long Term Care Programs. Back row: Harold Walker, AAA7 Board of Trustees



L to R: Tammy Nelson, AAA7 Board of Trustees; Todd Book, Ohio Representative; Alice Ward, AAA7 Trustee; Suzanne Shelpman, AAA7



L to R: Doug Green, AAA7 Board of Trustees; Barbara Bond, AAA7 PASSPORT Supervisor; June Demoya, AAA7 Team

Leader for PASSPORT; and Ohio Representative Danny Bubp



L to R: Alice Ward, AAA7 Trustee; Bonnie Dingess, AAA7; Suzanne Shelpman, AAA7; Harold Walker,

AAA7 Trustee; Raymond Pryor, Ohio Representative; Doug Green and John Stultz, both AAA7 Board of Trustees; Debbie Gulley, AAA7

OLDER AMERICANS MONTH - MAY

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month asking that the entire nation pay tribute in some way to older persons in their communities.

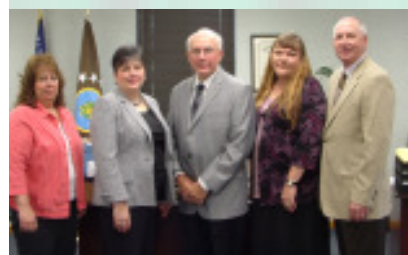
County Commissioners of District 7, Inc. issued proclamations proclaiming May as Senior Citizens Month in their respective counties.



L to R: **Adams County** Commissioner Justin Cooper; Tina Lightcap, AAA7; Brian Baldrige, Adams County Commissioner; Melody Stapleton, Director of Adams County Senior Citizens; and, Roger Rhonemus, Adams County Commissioner



L to R: Les Boggs and Jason Stephens, **Lawrence County** Commissioners; Lorena Hankins, AAA7; and Doug Malone, Lawrence County Commissioner



L to R: Sue Brooks-Lang, Brown County Senior Citizens Director; Margery Paeltz and Ralph Jennings, **Brown County** Commissioners; Tiffany Edwards, AAA7; and Bill Geschwind, Brown County Commissioner



L to R, front row: Teddy West, Harry Rider and Blaine Beekman, **Pike County** Commissioners. Back row: Diane Renner, Pike County Senior Center Social & Transit Program Director; Patricia Strickland and Alice Ward, AAA7 Board of Trustees; Bertha Scowden, Pike County Senior Center Program Coordinator; Jack Fout and Emily Moss, AAA7



L to R: Shirley Doss, Director of the Gallia County Council on Aging; Linda Oiler, AAA7; Joe Foster, **Gallia County** Commissioner; Basil Bailey, AAA7; and Lois Snyder, Gallia County Commissioner



L to R: Joe Krake and Kelli Meredith, AAA7; Douglas Corcoran, **Ross County** Commissioner; John Stultz, President of the AAA7 Board of Trustees; James Caldwell and Frank Hirsch, Ross County Commissioners



L to R: Gary Heaton, **Highland County** Commissioner; Suzanne Hopkins, Director of the Highland County Senior Citizens; Harold Walker, AAA7 Board of Trustee member; Shane Wilkin, Highland County Commissioner; Susan Royse, AAA7; Thomas Horst, Highland County Commissioner

Not pictured, but AAA7 staff met with **Scioto County** Commissioners: Scioto County Commissioners Thomas Reiser, Mike Crabtree and Vernal G. Riffe III met with Debra Estep, AAA7



L to R, front row: James Riepenhoff, Ed Armstrong and Tom Walton, **Jackson County** Commissioners. Back row: Agnes Stevenson and Sarah Tobert, AAA7; Ron Courtney, Jackson County Senior Center Board of Trustees; and Rose Henson, Interim Director, Jackson County Senior Center



L to R, front row: Michael Bledsoe and Jerry Zinn, **Vinton County** Commissioners; Kathy Lathey, AAA7; Deanna Tribe, AAA7 Board of Trustees; Rhoda Price, Director, Vinton County Senior Center; Bonnie Perry, Vinton County Senior Center; Lisa Burleson, AAA7