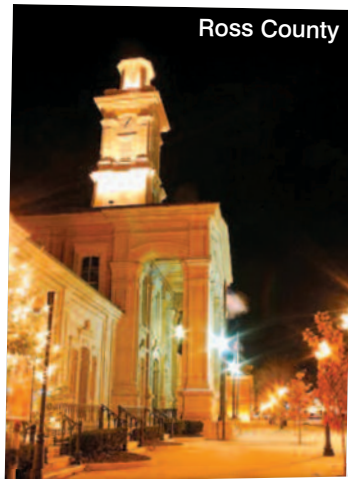


Adams County



Ross County



# Area Agency on Aging District 7

## 2010 Annual Report



Jackson County



Pike County



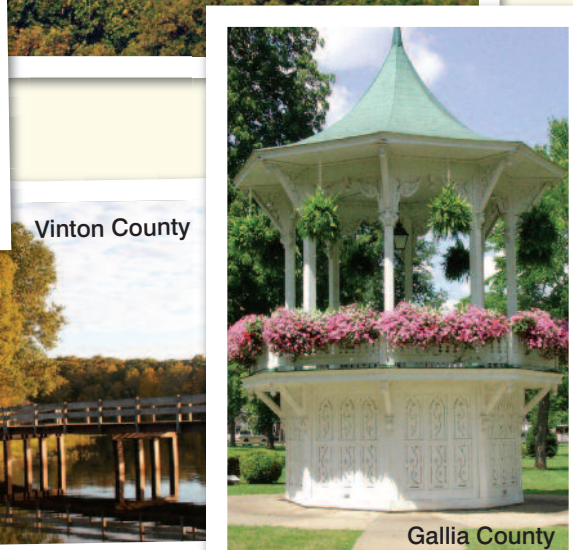
Scioto County



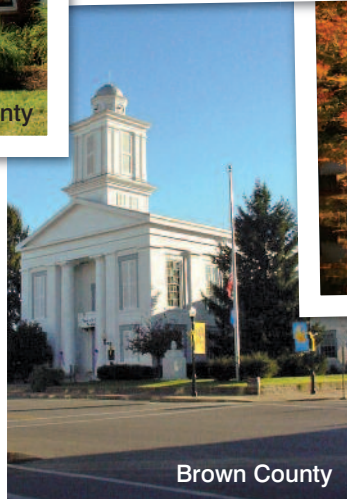
Highland County



Lawrence County



Gallia County

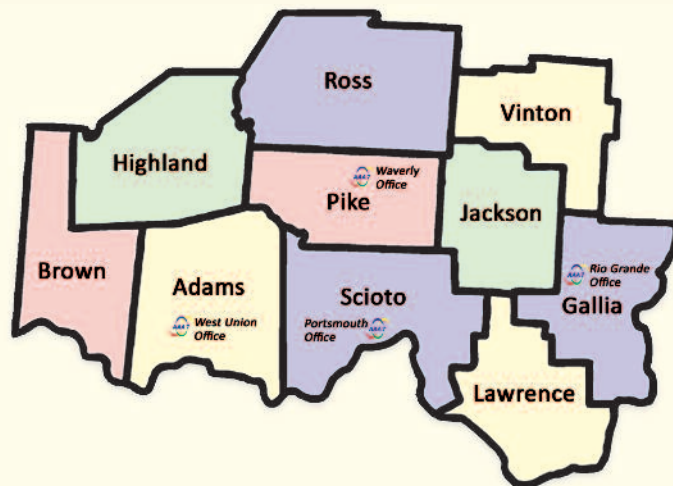


Brown County



Vinton County

# Connecting Resources for Our Community



# 2010 State of the Agency

## Mission Statement

Assisting individuals to maintain independence and personal choice by providing resource options and services.

## Vision Statement

Our region will have access to available resources and services to provide older adults and at-risk populations choices in meeting their needs for health and well-being.

2010 proved to be challenging, yet rewarding. Challenging in that, early in the year, state budget cuts forced Area Agencies on Aging to reduce openings for PASSPORT enrollment by nearly half. Later in the fiscal year, we were pleased to receive new state funding which provided us with the opportunity of not having a waiting list. Our staff worked tirelessly to enroll individuals who were on the waiting list as quickly as possible in order to provide them with the services and assistance they needed.

2010 was rewarding in that we were able to serve 24,350 older adults and those with disabilities across all of our care management programs. Our staff, service provider network, and consumers' families and informal support networks, partnered together and achieved positive outcomes for those we served. Being designated in 2010 by the Ohio Department of Aging as an Aging and Disability Resource Network (ADRN) has positioned us to better communicate and coordinate with individuals and many community organizations across our ten counties in providing information, assistance and options to help people remain in their community for as long as possible.

During the year, the Area Agency on Aging District 7, through an intensive exercise, developed a value stream map depicting our Agency network and all the value-added programs and services we can offer to any given community. With looming budget cuts, we felt it was important to stop and truly study the value our services add to local communities in order to support our advocacy efforts for adequate financial support to maintain the aging service network in each of our counties.

Ohio's aging network offers the solution to the Medicaid budget issues as most older adults prefer the less expensive choice of remaining at home for as long as possible rather than the more expensive nursing home setting. Our advocacy efforts center on rebalancing the numbers of persons living in the community to compare with and...as time goes on...exceed the number of individuals in long-term care facilities.

We hope you enjoy reading the success stories and looking at the photos chronicling 2010. Thanks to all of our friends who support and advocate with us to help southern Ohioans in their efforts to remain in the community.



*Pamela K. Matura*  
Pamela K. Matura  
Executive Director



*Tammy Nelson*  
Tammy Nelson  
Board President, 2010

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The Area Agency on Aging is a private, non-profit, 501(c)(3) corporation designated by the State of Ohio to be the planning, coordinating and administrative agency for federal and state programs in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton counties in southern Ohio. The services we provide 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.



*PASSPORT consumer Katherine Haffelt with her AAA7 Care Manager, Kathy Lathey*

Sometimes, health situations arise that call for help from family, even family who live far away. For extended issues, an individual may need to move from their hometown in order to sustain safety and independence. Although they are around loved ones they enjoy being with, they miss the comfort of their home and

the ability to stay near familiar friends and surroundings.

Such was the case with Katherine Haffelt, 89, of Gallipolis, who joined the PASSPORT Program in October 2006. After the death of her husband in 2002, Katherine relocated to North Carolina to live with her daughter and returned to Ohio in 2004 as she missed her hometown very much. In 2006, Katherine experienced many rounds of pneumonia and entered a nursing facility for rehab. Having a health situation that called for additional help, Katherine's daughter was worried about her mother's return home after the nursing facility due to the amount of assistance her mother needed and the lack of local family resources. As she loved her mother very much, Katherine's daughter was concerned about the situation and wanted to care for her mother, but Katherine did not want to leave Ohio and relocate to North Carolina. Thankfully, Katherine's daughter learned from a friend about PASSPORT

services – an ideal help that would give her peace of mind and allow her mother to stay at home in Ohio receiving the services she needed to remain safe and independent.

"I would not be able to stay in my home if it was not for PASSPORT," Katherine states. "I receive a wonderful, hot meal every day; wear an emergency response pendant that provides me assistance with the touch of a button if needed; and I absolutely love my personal care aide. She helps me with everything I need and I am so happy having the opportunity to stay in my own home."

The smile on Katherine's face is sure proof of that – she loves life in her hometown, is happy she is able to spend time with friends, and enjoys reading and playing the piano, as well as visits and calls from her daughter and son.

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, like the ones that Katherine receives, include personal care, homemaking, home-delivered meals, medical emergency response systems, medical transportation, adult day care, home medical equipment and supplies, and other services as needed.

### PASSPORT Statistics

PASSPORT New Enrollments in 2010: 1,036  
 Total PASSPORT Enrollment as of 12/31/10: 3,349  
 Total PASSPORT Consumers Served in 2010: 4,177

## Choices Program



*Wanda Elliott, left, and her sister, Alice Adkins*

Alice Adkins lives in an apartment that is attached to her sister, Wanda Elliott's home. Since their mother's death, Wanda has vowed that she will always take care of her sister. Alice was diagnosed with a developmental disability at birth and had significant struggles at an early age. Alice needs someone to

supervise her at all times to ensure her safety and well-being, and Wanda has provided this supportive and nurturing environment at her home.

A beautician, Wanda has her own salon business at home, which has been convenient in her care of Alice. When additional help was needed, Alice was enrolled in PASSPORT to provide scheduled respite care for Wanda. Through Alice's PASSPORT care, Wanda was informed about Choices, a consumer-directed option for those on PASSPORT. Since Wanda worked and had various schedules to keep, the Choices program seemed like a good option to explore.

After successfully completing all the trainings at their home, Wanda decided to enroll Alice in Choices. Wanda could select the people she wanted to work for Alice and schedule the

workers when needed. Wanda, as Alice's authorized representative, was trained in how to organize the program paperwork and time sheets. The workers, better known as Individual Providers (IPs), were hired and trained by Wanda on how to best care for Alice. They have the ability to drive Alice to her medical appointments or community functions, such as her local homemakers club or routine exercise classes that she loves, as well as help with her personal care, housekeeping, laundry, meal preparation, and supervision when Wanda works or needs respite care. When Wanda and her spouse plan a vacation, Choices services cover Alice's 24-hour supervision needs, which gives Wanda peace of mind when she is away.

Alice, a vibrant lady who likes to color, work on puzzles, shop and walk, treasures the home she has in her apartment. Without Choices services, it would be very difficult for Wanda to meet the daily 24-hour care demands, placing Alice at a significant risk of entering a nursing home or other similar setting. Through Choices, Alice and Wanda can receive the services they both need and deserve.

### Choices Statistics

Choices New Enrollments in 2010: 110  
 Total Choices Enrollment as of 12/31/10: 329  
 Total Choices Consumers Served in 2010: 377

# Assisted Living Waiver



Arvella "Billie" Click

After living alone in an apartment in the Ironton area and receiving PASSPORT services in her home for several years, Arvella "Billie" Click was interested in learning more about the Area Agency on Aging District 7's Assisted Living Waiver Program. Billie was attracted to the idea of community living as she no longer wanted to live alone and was interested in a new facility, Close to Home III, that was being built in her hometown. In December 2010, Billie joined the Assisted Living community at Close to Home and

has been pleased with the care she receives, in addition to enjoying the socialization and variety of activities available. Billie

was able to take her piano when she moved and enjoys playing for other residents and church services in the facility chapel, especially as it brings good memories of her husband who was a minister for fifty years. Most recently, Billie enjoyed a visit with United States Congressman Bill Johnson who toured the facility during a recent trip to his district.

The Area Agency on Aging District 7's Assisted Living Waiver program provides assistance to Medicaid-eligible consumers needing placement in a residential care facility. Consumers, like Billie, receive a private room with bathing facilities, assistance with daily living tasks and medications, and nursing care as needed.

## Assisted Living Waiver Statistics

Assisted Living New Enrollments in 2010: 66  
Total Assisted Living Enrollment as of 12/31/10: 149  
Total Assisted Living Consumers Served in 2010: 200

# Residential State Supplement

The Area Agency on Aging District 7 (AAA7) began serving RSS consumers in November 1993, and worked with the Ohio Department of Aging to develop care management protocols that enabled consumers on the program to safely and successfully reside in group homes and other residential settings. Care managers worked with consumers and group home staff to secure community services in order to meet a variety of consumer needs. AAA7 also conducted inspections and certification activities for adult foster homes in order to expand the options available to consumers on the RSS Program.

The AAA7 ended its involvement with the Residential State Supplement (RSS) Program on June 30, 2011, when the Program was transferred to the Ohio Department of Mental Health (ODMH), as many RSS consumers experience mental illness. AAA7 staff worked with the ODA and ODMH to ensure a smooth transfer of care management activities.

## Residential State Supplement Statistics

RSS New Enrollments in 2010: 16  
Total RSS Enrollment as of 12/31/10: 209  
Total RSS Consumers Served in 2010: 257

# Ryan White Care Management Program and Housing Opportunities for Persons with AIDS (HOPWA)

The Ryan White Care Management Program, through federal funds granted by the Ohio Department of Health, provides persons with HIV/AIDS, age 18 and older, specialized medical care management services. Additionally, through federal funding administered by the Ohio Department of Development, persons with HIV/AIDS and their families can receive assistance to maintain affordable housing through the Housing Opportunities for Persons with HIV/AIDS (HOPWA) Program.

Through each program, care managers at the Area Agency on Aging District 7 assist persons with HIV/AIDS and their families by linking them to available resources which enhance

their health and well-being. Care managers assist with benefit applications, obtaining HIV medications, and securing and maintaining affordable housing. The program also provides information and education to the community about HIV/AIDS.

In 2010, the Ryan White Care Management Program served 88 persons with HIV/AIDS. The HOPWA Program provided housing information to 62 households. During the program year, 93 percent of the persons served were maintained in stable, private housing, placing them at a decreased risk for homelessness while improving their access to care.

# Aging and Disability Resource Network (ADRN)



## ADRN Designation from the Ohio Department of Aging

*Pictured left to right are, Vicky Abdella, RN, Director of Community Services with the AAA7; Deanna Clifford, Manager of Consumer Education and Outreach at the Ohio Department of Aging; and Bonnie Dingess, LISW, Director of Long-Term Care Programs at the AAA7. Standing is Debbie Gulley, RN, Director of Long-Term Care Programs at the AAA7.*

In the Fall of 2010, the Area Agency on Aging District 7 (AAA7) served as one of the first AAAs in the state to earn the designation from the Ohio Department on Aging as an Aging and Disability Resource Network (ADRN). This designation elevates the AAA7 Resource Center to another level, recognizing its role as a trusted and visible resource where community members of all ages, disabilities and income levels can turn for information and assistance regarding long-term care.

With the designation, the AAA7 has expanded the modes of communication being used to respond to the concerns and needs of our ten counties through phone, e-mail and Internet. Feedback received from callers offers appreciation for promptness, the options of resources, information available, and a willingness to help.

In addition, in 2010, the AAA7's Pre-Admission Review Unit, that works with nursing homes and hospitals, was given the additional task, for the first time, of reviewing hospital exemptions for all payer sources. This involves the review of documents for all individuals who are entering a nursing facility directly from a hospital for an expected stay of 30 days or less. This change in responsibilities resulted in the unit completing 1,533 additional reviews.

Working with area hospitals and nursing homes to complete pre-admission screening, reviewing consumer documentation to rule out the need for specialized services related to serious mental health issues and/or developmental disabilities, and determining the level of care for individuals seeking placement in a Medicaid-certified nursing facility continue to serve as important functions of the ADRN.

In 2010, the AAA7-ADRN Resource Specialists responded to an average of 590 calls per month from professionals, individuals and caregivers, providing problem solving, linkage and follow-up. From the 7,231 calls received in the calendar year 2010, 67 percent led to the scheduling of a face-to-face visit where further homecare options were explored.

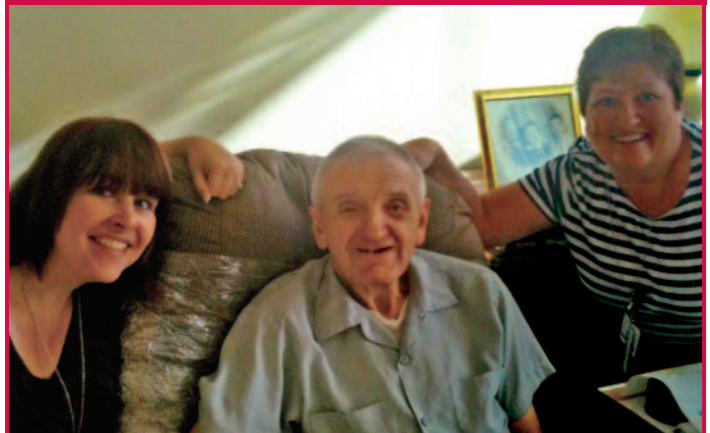
## RESOURCE CENTER STATISTICS

Pre-Admission Reviews: 7,083

Information and Assistance Contacts: 7,231

Assessments Completed: 4,865

## Spotlight



Larry (center) with AAA7 Care Manager Jennifer Horn (left) and AAA7 Assessor Marie Schmidt (right).

*Larry Hill was able to live independently until a fall fractured his shoulder. Larry was treated at Southern Ohio Medical Center in Portsmouth, where the hospital social worker made a referral to the Area Agency on Aging District 7 for possible PASSPORT homecare services to assist Larry after his discharge. After AAA7 Assessor Marie Schmidt, RN, visited Larry in the hospital and learned that he did not have any family able to assist him or a family physician for follow-up care, she discussed his needs and the options available. Larry chose to enroll in PASSPORT and since then, has obtained a regular physician, receives assistance with daily personal care and meals, and states, "This is the best service I've ever seen."*

# Older Americans Act (OAA) Programs

The federal Older Americans Act (OAA) funds support a local senior service network throughout the ten-county region that provides a variety of community-based services for individuals age 60 and over. Multi-purpose senior centers, community action agencies, and other organizations delivered services on a daily basis to over 5,100 older adults, enabling them to remain in their own homes. The \$1.3 million in OAA funding leveraged almost \$1.6 million in local matching funds that supported senior service delivery, along with client contributions and Nutrition Services Incentive Program dollars.

In 2010, the much-needed services delivered included:

- 129,327 congregate-site meals
- 135,145 home-delivered meals
- 217,370 miles of transportation consisting of 25,118 one-way trips of transportation
- 8,008 hours of homemaking
- 13,995 hours of personal care
- 1,756 hours of legal assistance
- 993 days of adult day services

The Area Agency on Aging District 7 continued the successful partnership with The Ohio State University School of Dentistry in providing dental services through the Appalachian Geriatric Dentistry Program Mobile Clinic. The on-site service made 20 visits to the region in 2010, serving 226 older adults who had no other resources for dental care.

# Alzheimer's Respite

According to the Alzheimer's Association, 230,000 persons in Ohio were living with Alzheimer's disease in 2010. The Alzheimer's Respite Program, administered by the Area Agency on Aging District 7 through state funding, is lending a hand to families who are caring for a loved one with Alzheimer's disease. Several hours of respite care weekly assists caregivers by providing a temporary relief from caregiving responsibilities. The Program also provides care management to persons with Alzheimer's disease and their families.

# Senior Farmer's Market Program

In 2010, the Area Agency on Aging District 7 (AAA7) again received a \$10,000 grant, in cooperation with the United States Department of Agriculture and the Ohio Department of Aging, to provide vouchers to eligible seniors living in Ross County to purchase fresh fruit, vegetables, honey, and herbs from authorized farmers at the Chillicothe Farmer's Market. Partnering with AAA7 in this continuing venture was The Ohio State University Extension Service at the South Centers in Piketon, Ohio, and the Ross County Committee for the Elderly. The program worked with 14 farmers to serve 206 individuals. The most popular items were fresh berries, corn and tomatoes. AAA7 successfully submitted an application to continue the program in 2011.

# Medicare Prescription Assistance



*Helen Jones, right, receives assistance and counseling with her Medicare prescription drug benefits from Kristy Bowman, Benefits and Community Services Program Specialist at the AAA7.*

Assisting eligible individuals with Medicare prescription benefits is a service the Area Agency on Aging District 7 (AAA7) provides through the Medicare Improvements for Patients and Providers Act (MIPPA) grant from the Ohio Department of

Aging. This project provides outreach to, and enrollment assistance for, individuals who may be eligible for the Low-Income Subsidy and/or Medicare Savings Program, as well as other Medicare premium assistance programs.

The Outreach and Enrollment Assistance Program targets eligible Medicare recipients needing help with Part B premiums and Part D premiums, and prescription drug costs. Income and asset qualifications must be met in order to receive assistance.

A number of individuals in the AAA7's 10-county region have expressed their appreciation for the assistance provided by the AAA7 through the MIPPA grant project. Helen Jones, of Oak Hill (Jackson County), expressed her gratitude by sharing, "Thank you so much for helping me with my prescription drug premiums. I am no longer having to pay my Medicare Part B and Part D premiums which amounts to a savings of \$150.00 a month."

Another individual also shares, "I am very thankful to the Area Agency on Aging District 7 for the help they have given me with the Medicare Part D Drug Plan. I would not be able to afford my medicines if not for this help."

The AAA7 continues its outreach efforts throughout the region in order to find those individuals who may qualify for these helpful benefits.



Rob Graman

The Area Agency on Aging District 7 continues to provide Service Coordination at three sites in the region: McArthur Park in Vinton County, Hurth Apartments in Scioto County, and Glendale Apartments in Adams County. Service Coordinators offer a link between residents of apartment housing complexes and the community to enhance the quality

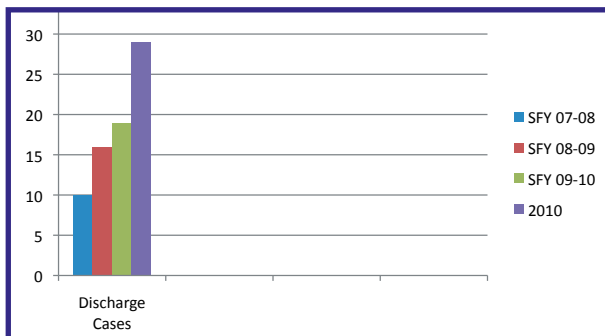
of life for residents in the complex. Assisting with needed services like transportation, applications for benefits, resolution of resident conflict, and ensuring fair housing practices exist are everyday functions of Service Coordinators.

The story of Rob Graman, who resides in Vinton County at McArthur Park Apartments, highlights the activity a Service Coordinator performs to assist in maintaining and enhancing the quality of life for residents, allowing them to remain in the community. Mr. Graman approached the Service Coordinator at the apartment complex because his income and medical coverage had been cancelled. The Service Coordinator worked with Mr. Graman to obtain the needed information and documents to have the benefits resumed. Mr. Graman states, "If the Service Coordinator had not been there to help me, I don't know what would have happened to me. Everyone at McArthur Park Apartments feels that Service Coordination is a great resource to the residents who live here. We know who to go to for help and who will find the answers to our questions."

## Regional Long-Term Care Ombudsman Program

The Area Agency on Aging District 7 (AAA7) Regional Long-Term Care Ombudsman Program (RLTCOP) is responsible for protecting and advocating for the rights of our area's long-term care consumers, including residents of long-term care facilities, as well as recipients of in-home or community-based services.

In 2010, Ombudsmen provided services to almost 6,000 individuals, spending approximately 2,000 hours in direct advocacy services, handling 200 complex complaints, and transitioning 34 nursing home residents back into their own homes or other community settings. Of the 200 complaints, 74.2 percent were verified and 72.1 percent resolved to the client's or complainant's satisfaction. The top five complaints for 2010 included Nursing Home Transitions, Discharge and Transfers, Confined Against Will, Accidents/Falls, and Physical Abuse.



In 2010, the AAA7 RLTCOP received funding from the Ohio Department of Aging to support efforts for preventing and resolving involuntary resident discharge. During 2010, a regional provider conference was held at the AAA7 to educate nursing home nurses, social workers, and administrators about the importance of residents' discharge rights and the discharge process. Ombudsmen also educated nursing home residents, their families, and visitors about discharge rights during advocacy visits to facilities. In addition, during 2010, Ombudsmen contacted local hospital discharge planners to offer further education and technical support concerning nursing home resident discharge rights. With this increased focus, the RLTCOP went from investigating ten discharge cases



### Spotlight

*In 2005, Kathy and her teenage daughter were victims of Hurricane Katrina, and as a result, were forced to relocate to Ironton, Ohio. Following an extended hospitalization, Kathy, 48, went to live in a nursing home in early 2009. While there, Kathy's daughter became homeless and was also in need of help. The AAA7 Ombudsman, providing transition coordination services, worked with Kathy and her care manager to quickly locate low-income housing. Kathy, her daughter, the Ombudsman, and care managers all worked together to clean the apartment, pay deposits for gas and electric, schedule phone and cable connections, and shop for household items. Kathy and her daughter lived in their new apartment for almost a year before moving back to Mississippi.*

in State Fiscal Year (SFY) 2007-2008, to 29 cases in 2010, with a 90 percent resolution rate.

In June 2010, the AAA7 RLTCOP was presented the "Trailblazer Award" during the AAA7's Annual Appreciation Brunch, and was also recognized for its work with "Home Choice," Ohio's Money Follows the Person grant program, which was designed to assist individuals who are transitioning from a nursing home to a home or community-based setting. The RLTCOP was recognized at the event for its work and dedication to the development and implementation of the project, and the help and support provided to nursing home residents concerning where they wish to live and where they wish to receive services.

# Care Coordination Program



*Kenneth Coburn and his wife, Mary, enjoy some time together watching the birds outside their home.*

The Care Coordination Program at the Area Agency on Aging District 7, funded through the State of Ohio Senior Community Services Block Grant, offers the ultimate in consumer choice. This updated care-managed program now enables consumers to receive their services through a traditional service provider or self-directed option. Consumers are enrolled in the program based on their risk of entering a nursing home due to functional needs or by

spending down their financial resources. The main services offered include care management, personal care, and home-delivered meals.

Kenneth Coburn, who is a caregiver for his wife of 50 years, Mary, describes the program by sharing, "If Mary wasn't

enrolled in the AAA7 Care Coordination Program for personal care and respite services, the stress of caring for Mary would be more than I could handle."

In August of 2010, Kenneth fell off a tree and broke his neck, wrist, ankle and shoulder. The self-directed Care Coordination option made it possible for Mary, who has Alzheimer's disease, to receive in-home services while Kenneth recovered from the fall. "Having the services has allowed me to rest, properly heal, and gave me the ability to continue caring for my own health," Kenneth says.

The Care Coordination services Mary receives allow Kenneth to see the doctor and receive the medical care he needs to continue assisting with his wife's care. It also provides a feeling of security and comfort when he needs to be away from the house as the personal care aide they hired stays with Mary during those times. "I feel God has given me the strength and resources to continue to care for my wife at home. The best part is having the consistent one-on-one care with a person we trust that helps Mary maintain her dignity and allows us to spend quality time together doing one of Mary's favorite activities, bird watching."

# National Family Caregiver Support Program



*Pam Sarbell, left, with her mother, Lucille.*

In 2000, the National Family Caregiver Support Program was created through funding provided by the Older Americans Act. Since that time, family caregiving has increased, with 78 percent of adults living in the community in need of care to remain at home. The value of the services provided by family caregivers is estimated to be \$375 billion a year, which is almost twice as much as is actually spent on homecare and nursing home services combined.

Ohio is now the seventh largest family caregiving state in America, with 1,140,348 caregivers providing care valued at \$12 million annually. Statistics show that family caregivers who experience extreme stress have been shown to age prematurely, taking as much as ten years off a family caregiver's life. The Area Agency on Aging District 7 (AAA7) Family Caregiver Support Program offers counseling and caregiver training to ease the burden. Additional services include information about available services for the caregiver and the person they are caring for, assistance in gaining access to those services, respite care, and supplemental or one-time purchases to complement the care being provided.

Family caregivers and sisters, Pam Sarbell, DJ Dolle, and Cecilia Burgess, have shared their experiences in providing care for their mother and the impact of having assistance through the Family Caregiver Support Program.

All three daughters have used their different talents and strengths to help their mother maintain her lifestyle and contacts with friends. Their father, a successful entrepreneurial small farmer and business man, did well to provide for the family, which was a blessing, but it also meant that Mom didn't qualify for many of the services that were available to her friends. Their mother's declining health created challenges when trying to maintain her needs while remaining in her two-story home "on the farm." Pam, DJ and Cecilia each offered their home to her, but their mother wanted to remain independent in her own home.

The Family Caregiver Support Program has given assistance in the home that has enabled the daughters to have someone with their mother when they are not. The Program has provided help in dressing and bathing, socialization, homemaking, and other items as needed. When their mother's mobility declined, a lift chair was provided to help support her independence and safety. In addition, the Program has provided the daughters with education, answers, resources to help decrease stress, and a better understanding of how the caregiving role has impacted their lives.

"We appreciate the responsive, professional help from the staff at the AAA7, but also the compassionate, insightful and caring follow-up calls that allow us to continue to care for Mom and her changing needs at home," Pam, DJ and Cecilia share. "We will keep Mom in her home as long as we can so that she can see her cows, cats, hummingbirds and flowers, and enjoy her family and friends in her home. We know that if we need support or education regarding our caregiving roles, the Family Caregiver Support Program at the AAA7 is a just a phone call away."

In 2010, the Family Caregiver Support Program provided educational information to 680 caregivers.



In 2010, the Area Agency on Aging District 7 (AAA7) continued to address the sub-standard housing conditions of older adults living in the ten-county region. Funding for the two-year cycle, which began in January 2009 and ended December 2010, was awarded through the Ohio Department of Development's Housing Assistance Grant Program. The State of Ohio Housing Trust Fund provides funding for many housing-related issues, including home repair and accessibility modifications. The AAA7 was able to leverage over \$162,682 in matching funds, during a time when available funds were sinking rapidly, and worked closely with over 50 qualified contractors throughout the district that provided the needed services.

AAA7 exceeded its initial projection of 80 homes and 120 beneficiaries assisted by completing work on 94 dwellings (117.5%). The units represent 166 separate types of work within the projects, such as roof repair/replacement, plumbing, heating units, electrical, structural issues, potable water, and accessibility. Most dwellings had multiple concerns that needed addressed. Initially, 120 individuals were projected to benefit from the projects completed. Final tallies identified 144 individuals (120%) who were actually served, with 70 percent representing the female as head of household.

An example of the significant work completed this year involves this bathroom where rugs and foam padding had been

placed on the floor to prevent the occupant from falling through the floor boards. The owner had also placed duct tape all around her dilapidated shower area in the hopes of stopping water leaks. The AAA7 Home Repair Program completely gutted the bathroom (walls, ceilings and floor), and installed all new floor joists, replaced drywall, and installed a new shower stall, vent fan, lighting fixtures, sink and vanity. The occupant now has a completely new bathroom that she can safely and comfortably use, and no longer worries about falling through the floor.



## Healthy Lifestyle Programs



Carol Lamb

The Area Agency on Aging District 7 (AAA7) began offering wellness programs in 2008 with the introduction of the evidence-based program, "A Matter of Balance." This scientifically-proven community initiative emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants who have completed the class, report making multiple changes in their lives such as creating a

safer living environment, having a changed attitude about exercise, as well as a reduced fear of falling.

In 2010, the AAA7 introduced another series of evidence-based programs, "Healthy U." Healthy U is comprised of a chronic disease self-management class and a diabetes self-management class. Through a series of six weekly classes, participants learn practical skills to manage chronic health conditions and gain motivation to manage the challenges of living with a chronic health condition.

Carol Lamb, from McArthur, Ohio, attended one of the first chronic disease self-management classes in July of 2010. Carol credits the class with helping her to become more active and self-motivated. Carol described how the process of setting weekly goals enabled her to lose twenty pounds during the six-week class. Through the continued use of the practical skills she acquired during the class, she lost an additional ten pounds after the class was over.

Carol happily reports that, since her participation in the class, her glucose is at the lowest level since her diagnosis of diabetes, and her blood pressure is better now than when she was in her twenties. Carol definitely believes that, through the education and motivation she received during the class, her lifestyle has changed. "The class not only helped me physically, but also emotionally. It makes me proud to know what I have accomplished for myself," Carol shared.

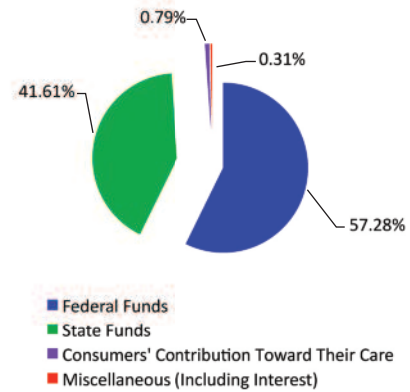
Both "A Matter of Balance" and "Healthy U" are designed to incorporate volunteers who lead the programs in the community. AAA7 is now working to train individuals who may be interested in teaching a class in their community. At this time, the programs are made possible through funding from the U.S. Administration on Aging.

# Revenue and Expenses

## Revenue and Support

	2009	2010
Federal Funds	\$36,409,373	\$34,349,412
State Funds	17,801,739	24,951,216
Consumers' Contribution Toward Their Care	455,586	476,694
Miscellaneous (Including Interest)	180,304	187,299
<b>Total</b>	<b>\$54,847,002</b>	<b>\$59,964,621</b>

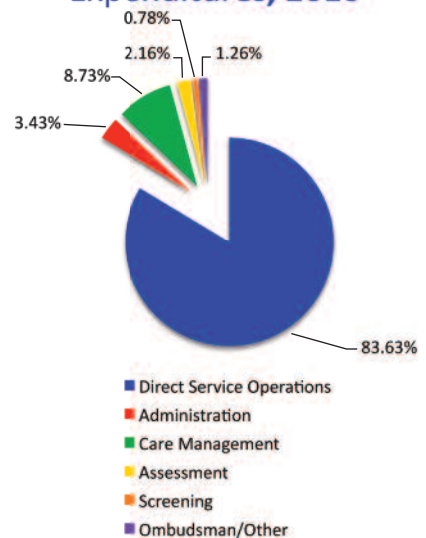
## Revenue & Support, 2010



## Expenditures

	2009	2010
Direct Service Operations	\$45,684,304	\$49,997,673
Administration	2,006,490	2,051,683
Care Management	4,844,264	5,220,046
Assessment	1,283,212	1,292,070
Screening	422,716	467,148
Ombudsman/Other	591,236	755,599
<b>TOTAL</b>	<b>\$54,832,222</b>	<b>\$59,784,219</b>

## Expenditures, 2010



## A

A&J Home Health, Inc  
 A and L Home Care  
 Abbott Home Care, Inc.  
 Access Scioto County  
 Access to Independence  
 Adams Brown Counties EOI, Inc.  
 Adams County Regional Water District  
 Adams County Senior Citizens  
 Adena Regional Medical Center  
 ADT Security Services, Inc.  
 Advantage Home Health Agency  
 Ageless Design  
 Alli Home Health Care  
 Alternative Homecare  
 Altimate Care LLC  
 Alzheimer's Association of Central Ohio  
 Alzheimer's Association of Greater Cincinnati  
 American Medex, Inc.  
 American Nursing Care  
 Anchor Termite Pest Control  
 Assurity Home Health PASSPORT LLC

## B

B and L Construction  
 B&B Mobile Food Service  
 Baker Family Holding LLC  
 Beaver Produce Acres  
 Bennett's Mobile Home Heating & Cooling  
 Best Care Nursing  
 Best Choice Home Care  
 Birch Place Apartments  
 Blessed at Home Health Care LLC  
 Blevins Heating & Cooling  
 Brown County General Hospital  
 Brown County Senior Citizens  
 Buckeye Home Healthcare, Inc.

## C

C and L Variety  
 Community Action Committee of Pike County  
 Cal Storage  
 Community Action Organization of Scioto County  
 Capitol Crossing Apartment  
 Caring Hands Home Health Care  
 Clossman Catering LLC  
 Comfort Keepers 172  
 Community Choice  
 Community Home Health Care, Inc.  
 Constance Care Home Healthcare  
 Country Living Assisted Living  
 Country Living Home Care

## D

Dave and Brenda's Catering  
 David Zimmerman  
 Design Builders  
 Duraline Medical Products

## E

Elliotts Farm  
 ELP Concrete and Gas Lines  
 Everyday Home Care

## F

Family Recovery Services  
 Family Senior Care  
 Foreman and Abbott  
 Forest City Management  
 Frontier Community Services

## G

Gallia County Council on Aging  
 Gallia Health Partners LLC  
 Genesis Respiratory Services  
 Go Troupe LLC  
 GP Meals and Transportation  
 Greenglen Apartments  
 Greenhills Apartment  
 Guardian Medical Monitor

## H

H&H Roofing  
 Haffelts Mill Outlet, Inc.  
 Hallmark Health Care  
 HANDwork Heating and Cooling  
 Heartland Homecare  
 Henslers Town and Country Market  
 Heritage Square Assisted Living  
 Highland County Senior Citizens  
 Highland County Community Action Organization  
 Hilltop Farm and Greenhouse  
 Hirsch Fruit Farm, Inc.  
 Holzer Extra Care  
 Home Delivered Meals, Inc.  
 Home Helpers  
 Homecare Network, Inc.  
 Hometown Medical Supplies  
 Hope Home Care  
 Horizon Healthcare  
 Hots Heating

## I

Interim Healthcare of Ohio  
 Interim Healthcare Services  
 Ironton-Lawrence County  
 Community Action Organization

## J

Jackson County Board on Aging  
 Jackson Health Partners LLC  
 Jackson NHA  
 Jackson Transportation Group  
 Jackson Vinton Community Action Organization  
 Jenkins Memorial Health Facility  
 Jordans Mobile Home Service

## K

Kelley Med Care, Inc.  
 Kendall Home Care  
 Kinnikinnick Gardens  
 Klassic Construction

## L

Leading Respiratory Services  
 Legal Aid Society of Cincinnati  
 Lifeline Systems Company

## M

Manchester Hill Farm  
 McGraw Excavating  
 Medi Home Care  
 Medi Home Health  
 Mikey's Construction  
 Milts Pest Control  
 Minford Retirement Center, Inc.  
 My Alarm of Cincinnati

## N

National Church Residences at  
 Home Health Wellness  
 New England Builders

## O

Ohio Pest Control  
 Ohio State Legal Services  
 Ohio Valley Home Health  
 The Ohio State University College of Dentistry

## P

Personal Touch Home Care of Ohio, Inc.  
 Pro Nursing Services

## R

Res Care Home Care, Inc.  
 Rhoads Farm Market  
 Ross County Committee for the Elderly  
 Ross County Home Health  
 Ross County Health District  
 Retired & Senior Volunteer Program of the Ohio Valley  
 Retired & Senior Volunteer Program of Scioto County  
 Ryjker Ridge Farm

## S

Scioto Paint Valley Transportation  
 Scioto Water, Inc.  
 Shafer Heating & Cooling  
 Silver Maple Farm  
 Skilled Nursing, Inc.  
 Skilled Nursing II, Inc.  
 Sodexo Operations  
 Southern Ohio Communication Service  
 Special Touch Home Care  
 Spires Heating and Cooling  
 Stakers Service  
 Stat Home Health and Nursing  
 Sunnybank Farm

## T

Tender Touch Transport Ltd.  
 Terrace Cafe  
 TLC Assisted Living Services  
 Traditions at Chillicothe  
 Traditions of Bristol Village  
 Transportation 4 You LLC  
 Triple E Builders  
 Twin Maples Home Health Care  
 Twin Maples Nursing

## U

Ultimate Health Care  
 United Scioto Senior Activities  
 Unity I Home Healthcare LLC

## V

Vinton County Health Department  
 Vinton County Senior Citizens

## W

Walker Construction  
 Way Farms LLC  
 Welch Farms LLC  
 Westly Spradlin  
 Witchey Medical Supplies  
 Woodrow Construction  
 Workman Construction  
 Wright Plumbing & Excavating

## 2010 Board Members

**Adams County**  
Kathleen Finnegan

**Brown County**  
Doug Green (*Secretary/Treasurer*)

**Highland County**  
Audrey Ditmas  
Harold Walker

**Jackson County**  
Andy Graham

**Lawrence County**  
Charles Harper

**Pike County**  
Patricia Strickland  
Alice Ward (*Vice President*)

**Ross County**  
John Stultz

**Scioto County**  
Tammy Nelson (*President*)

**Vinton County**  
Jane Ann Burns  
Deanna Tribe

## 2010 Advisory Council Members

**Adams County**  
Louise Davis  
Eudora Stratton

**Brown County**  
Prudie Snider

**Gallia County**  
Henry Dillon  
Wanda Willis

**Highland County**  
Mary Bolich  
Donna Jean Haynes

**Jackson County**  
Ron Courtney  
Dan Dobbins  
Juanita Smith

**Lawrence County**  
Betty Backus

**Pike County**  
Walter Dawson  
Larry Teeters

**Ross County**  
Harold Bennett  
William Lester  
Mary Ann Ryan

**Scioto County**  
Paul Maple  
Chester Neff

**Vinton County**  
Elizabeth Dobbins  
Dola Powell



### Area Agency on Aging District 7, Inc.

F-32 URG PO Box 500  
160 Dorsey Drive  
Rio Grande, Ohio 45674  
Offices in Rio Grande, Portsmouth,  
Waverly and West Union  
1-800-582-7277 • TTY – 711  
www.aaa7.org • info@aaa7.org

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