

TOP THREE

SEPTEMBER 2023

Area Agency on Aging District 7



Welcome to our September 2023 news e-blast - sharing our "Top Three" focus items for this month. As always, reach out to us with any questions and follow us on our social media platforms!

1 Fall Prevention Awareness Month

September is National Fall Prevention Awareness Month and September 18-22 is National Falls Prevention Awareness Week. The AAA7 has a number of resources that can help lessen your chance of a fall, including in-person wellness classes targeted to educating the community more about fall risks and learning the best ways to prevent a fall for you or someone you know. These include the Matter of Balance Falls Management Program, Tai Chi for Arthritis and Prevention, and Bingocize. Throughout this month, the Ohio Department of Aging's STEADY U initiative challenges everyone in Ohio to contribute to the State's "10 Million Steps" campaign by walking one mile in September for falls awareness. In addition, join us on selected Fridays this Fall with the Shawnee State University Occupational Therapy Program as we once again feature our "Fall-Free Fridays" livestream on Facebook to provide education and information around falls prevention.



2 Art Show Deadline Approaching

Our 41st Annual Senior Citizens Art Exhibit will be held the week of October 16th at Bristol Village in Waverly. The deadline to submit your entry is quickly approaching! You can submit your art or written poem or essay to your local Senior Center (in AAA7's 10-county district) by September 22nd, or to our AAA7 Administrative Office in Jackson by September 29th. Written submissions can also be mailed to our Office at 1 Acy Avenue, Jackson, Ohio, 45640. Attn: Jenni Lewis, Director of Communications. We are looking forward to being back in person with everyone for this fun and uplifting event!

3 AAA7 Staff Training

Close to 200 AAA7 staff enjoyed a great day together last month during our August All Staff Meeting and Training held at Shawnee State University in Portsmouth. A huge thanks to our provider network and community organizations that participated in the Provider Fair for our staff, sharing information and education about services they provide in our area. In addition, we appreciate the education provided by our local ADAMHS (Alcohol, Drug Addiction, and Mental Health Services) Boards through a panel discussion featured at our Training. The AAA7 values greatly the partnerships we have throughout our district as we all work together to provide services for older adults and those living with disabilities.