

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!***



SPRING-SUMMER 2013

Scioto Office Moves to Wheelersburg - Ribbon Cutting Held

The Area Agency on Aging District 7 (AAA7) recently celebrated a Ribbon Cutting to mark the move to their new Scioto County satellite office site in Wheelersburg. Previously, the AAA7's Scioto County office site was located in Portsmouth on 11th Street. The AAA7 also has satellite offices in Waverly (Pike County) and West Union (Adams County), with administrative offices in Gallia County (Rio Grande). The AAA7 provides home and community-based long-term care options and resources to ten southern Ohio counties including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The AAA7 worked jointly with the Portsmouth Area Chamber of Commerce for the official Ribbon Cutting and offered an Open House for attendees where tours of the new office location were provided, in addition to light refreshments and Agency information and giveaways.

The move to Wheelersburg provides a more centralized location for staff out of the Scioto County Office that serves consumers in both Scioto and Lawrence County. As technology has developed, many of the 40 employees based out of the Wheelersburg Office have turned to telecommuting and no longer need a full-time space at the office. When they do stop in the office, "kiosks" are available where staff can use their laptop and

a phone in order to take care of business while they are in the office.

The Wheelersburg AAA7 Office serves between 1,500 and 1,600 consumers enrolled in Medicaid-waiver programs which includes PASSPORT, Choices and Assisted Living. Medicaid-waiver programs help Medicaid-eligible older Ohioans, who meet a nursing home level of care, receive long-term care services and supports they need at home.

Other services provided through the AAA7 Wheelersburg Office include care management for those enrolled in AAA7 programs, long-term care assessments and consultations, service coordination, care coordination, ombudsman services (nursing home resident advocacy and rights), community care transition, transition coordination, veteran-directed program, and the Senior Home Information Program (SHIP).

The AAA7 also offers the services of its Aging and Disability Resource Network (ADRN) which is available to assist the community with questions they have regarding long-term care. The ADRN can provide resources and options counseling in order to provide the community



*Officially cutting the ribbon for the opening of the Area Agency on Aging District 7's satellite office in Wheelersburg are, left to right, **Alex Scharfetter**, Field Representative for US Congressman Bill Johnson; **Debbie Gulley**, AAA7 Director of Long-Term Care Services and Supervisor for the Wheelersburg Office; **Deanna Tribe**, AAA7 Board of Trustees President; **Pam Matura**, AAA7 Executive Director; and **James Warren**, AAA7 Board of Trustees Scioto County Representative.*

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AAA7 Board Names New President

At its final meeting of 2012, the Area Agency on Aging District 7 (AAA7) recognized Alice Ward of Pike County, who served as President of the Area Agency on Aging District 7 Board of Trustees in 2011 and 2012. Pictured is Ward (center) along with, right, Pamela K. Matura, Executive Director of the Area Agency on Aging District 7, and left, Deanna Tribe, of Vinton County, who was elected the AAA7 Board of Trustees President for 2013.

Ward joined the AAA7 Board of Trustees in 2000, and served two terms until 2005. In 2007, she returned to the Board and served an additional two terms. During her tenure, Ward served on all committees, in addition

to her time as Secretary/Treasurer in 2002 and 2009, Vice President in 2003 and 2010, and President in 2004, 2011 and 2012.

Tribe joined the AAA7 Board of Trustees in 2008. During her time with the Board thus far, she has served on all committees, in addition to her time as Secretary/Treasurer in 2012.

Also recognized at the meeting was outgoing Board Member Tammy Nelson of Scioto County.

Nelson joined the AAA7 Board of Directors in 2007 and served two terms until 2012. During her time



with the Board, Nelson served on all committees, in addition to her time as Secretary/Treasurer in 2008, Vice President in 2009, and President in 2010.

Federal Sequester to Impact Aging Services

by Nina Keller
AAA7 Assistant Director and
Director of Planning

As the budget discussions continue in the nation's capital, Area Agencies on Aging organizations are on the brink of receiving cuts to Older Americans Act (OAA) funds that support a wide array of services to older adults that assist them in staying home as long as possible. The cuts are a part of the sequester enacted by Congress.

Simply put, the sequester is a self-imposed deadline agreed upon by members of Congress during last year's budget debates. It was to provide an incentive for Congress to come up with a reasonable budget plan to address the growing deficit, fiscal cliff, etc. The deadline was unsuccessful and the sequester went into effect on March 1, 2013. Under the sequester, there is across-the-board cuts in select mandatory programs and a cap reduction for both defense and non-discretionary defense (from lowered

caps), but not across-the-board cuts in all discretionary programs.

Many of the programs utilized by older adults are supported by discretionary funding in the federal budget and are subject to cuts - this includes the Older Americans Act, along with many other programs that, for example, provide food items to the local food pantries in our area and the Senior Farmer's Market program. The Older Americans Act is divided into specific types of services (Title IIIB Supportive Services such as personal care, transportation and adult day care; Title C1 Congregate Nutrition Services; Title C2 Home-Delivered Meal Services, Title IIID Health Promotion and Disease Prevention Services; and Title IIIE National Family Caregiver Support Services). Each of these subparts has been reduced and each state will have a greater or lesser reduction overall depending on population.

We knew when the Older Americans

Act Title III money (all subparts) began to flow again, it would be at a lower level than area agencies have received so far because of the spending cuts mandated by the sequester legislation. The National Council on Aging estimated that Ohio's Older American Act Title III spending reduction will be more than \$4 million statewide. The Ohio Department of Aging released the Notice of Final 2013 awards to area agencies on June 4th. The award indicated a loss of funding for the AAA7 to be approximately \$83,000, the majority of which was in Title IIIB Social Services, Title IIIC2 Home-Delivered Meals, and Title IIIE National Family Caregiver Support. AAA7 will be working with OAA services providers concerning service delivery and any changes that must be made, such as implementation of waiting lists for services.

AAA7's Pam Matura Receives Lifetime Achievement Award

Executive Director of the Area Agency on Aging District 7 (AAA7), Pamela Matura, was recently surprised and humbled when she was awarded with a special Lifetime Achievement Award from the Ohio Association of Gerontology and Education (OAGE) at their recent conference at Ashland University in Ashland, Ohio. OAGE is an association of educators, researchers, professionals, and students in Ohio dedicated to gerontological education, research and practice. The organization promotes gerontological education, supports Ohio's aging network as a resource for research and practice, and provides professional development for students, faculty and professionals in the field of aging.

OAGE's Lifetime Achievement Award, which according to OAGE President Bob Applebaum, Ph.D., is not presented very often, is given to those special individuals who have exemplified excellent leadership through the aging network in Ohio over their career.

During the announcement at the state conference, Dr. Applebaum referenced a number of characteristics that a candidate for the Lifetime Achievement Award should possess including leadership, mentorship, vision, effective administrative qualities, care, courage and humor. Dr. Applebaum states that Pam was an excellent choice for the award.

"Pam is so very deserving of this award," he said. "She exemplifies what is really tremendous about the aging network and leads with both her head and heart. She has had excellent leadership in the field and has served as a wonderful mentor for the aging network and students across the state. In addition, she has been very active in the OAGE organization by providing leadership, mentorship and vision. Knowing and working with

Pam for 23 years, it was very meaningful for me to have the opportunity to present her with this very special award that recognizes her work over the years and what she has contributed to the aging network in Ohio. I have had people tell me they are better people for having known Pam Matura."

Pam has been Executive Director of the Area Agency on Aging District 7 since 1989. Prior to, she was Superintendent for the Gallipolis Developmental Center (GDC) from 1985-1989. She earned her bachelor's degree in Social Work from Rio Grande College and her master's degree in Health Science from the University of Florida. In addition, she has a specialist certificate in Gerontology from the University of Florida, as well as a number of other certifications and licensures.

Pam has 24 years of experience at the Area Agency on Aging and 15 years of experience specific to developmental disabilities. Pam credits the talented staff and individuals she has worked with over the years for the achievements and successes she has been able to share with them as a part of her leadership roles. Examples of some of her "favorite" leadership milestones include the establishment in the 1980s of a GDC regional diagnostic evaluation center for individuals with developmental disabilities, which was the first of its kind and is used by Ohio's county probate judges; and also while at GDC, the purchase of Smeltzer's Greenhouse and Garden Center in Gallipolis in the 1980s, which was transformed into "River-view Productions," a program developed to provide work opportunities for GDC residents with developmental disabilities in order to sustain meaningful employment.



Pam with Dr. Applebaum and AAA7 staff who attended the OAGE conference.

During her years at AAA7, Pam recalls the implementation of the PASSPORT program in 1990, which allows older adults with a nursing home level of care to remain in their homes and receive services from a variety of community agencies with whom the AAA7 contracts. Currently, there are around 4,000 individuals being served through PASSPORT in the AAA7's ten counties, making it one of the largest rural programs of its kind in the nation, with the program having helped create and/or expand the Agency's 118 service providers in the AAA7's 10-county district. Currently, the Agency has an overall budget of approximately \$52 million with 140 direct-line staff at AAA7 offices in Adams County (West Union), Gallia County (Rio Grande), Pike County (Waverly) and Scioto County (Wheelersburg). Services, provided directly through the AAA7, or through contracted community providers include, but are not limited to: information, referral and assistance; personal care and homemaking; respite care; adult day care; assisted living; caregiver support; case management; home repair; transportation; home-delivered meals; community-center meal programs; and linkage to community services.

In addition, Pam recalls the ten years the Agency expanded its mission with the Ryan White HIV/AIDS Case

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County Commissioners Proclaim Older Americans Month in May



Top Row - Adams County (Left) and Brown County (Right)

Second Row - Gallia County (Left) and Highland County (Right)

Third Row - Jackson County (Left) and Pike County (Right)

Bottom Row - Lawrence County

See Page 6 for remaining Older Americans Month proclamation pictures.

AAA7 Assists with the Transition from Nursing Home to Assisted Living

Having a “housewarming” party is not something that usually happens at a nursing facility, but staff at Crestwood Ridge Care Center in Hillsboro, Ohio, was happy to celebrate the achievements of one of their residents and wish her well as she moved on to a new phase in her life.

It was hard to say goodbye to friends and those who felt like family, but Missy Peck has many things to look forward to as she settles in her new living establishment. Friends and staff at Crestwood Ridge Care Center hosted a party in her honor, showering her with special gifts for her new home, well wishes and hugs, before her move to Country Living Assisted Living in West Portsmouth, Ohio, in Scioto County. Peck’s story represents that of a successful transition back to the community from a nursing facility, and the community agencies who work together to make that transition as smooth as possible.

Peck, 45, was recently a resident at Crestwood Ridge where she had lived since January 2012 following a hospital stay. Due to Peck’s medical needs, it was necessary that she remain in a nursing facility in order to meet her level of care needs that included 24-hour care, rehab, and other forms of assistance that were best provided in the environment available at Crestwood Ridge.

Once her needs changed and her health status improved, Peck no longer required the level of care and assistance that was provided through a nursing facility like Crestwood Ridge, and began to search for assisted living options that were available in the area. Working with the nursing facility, the Area Agency on Aging District 7 (AAA7), which covers ten counties in southern Ohio, conducted an assessment with Peck and began the

process of identifying assisted living facilities that would be available and suitable for her needs. This type of facility could assist Peck as needed, but also provide her with more privacy and the opportunity to partake in a variety of activities including day trips and shopping. After a site visit, Peck decided that Country Living was a good fit where she could receive the care that she needs in addition to the opportunity to embark on fresh adventures and create new friendships.

“I miss the facility and all the people at Crestwood Ridge, but am excited that I can go places and have my privacy,” Peck says.

“Missy has been a joy to have at our facility,” says Doris Schmidt, Admissions and Marketing at Crestwood Ridge Care Center. “We miss her, but we are so very proud of her. It has been amazing to witness her go through all the stages of independent living; from someone who needed total care, to one who is now appropriate and ready for assisted living. It has been wonderful to see her progress.”

“In my 24 years of nursing in long-term care, I have never had the opportunity to share this type of celebration with a resident,” commented Kim Jackson, RN, Director of Nursing at Crestwood Ridge Care Center. “We miss Missy, but we are so proud of the accomplishments she has made.”

The Assisted Living Waiver Program, through the Area Agency on Aging District 7, is a state-wide long-term care program for Medicaid recipients that provides another alternative to community living. Assisted Living facilities offer an apartment-like setting with a private room and private bath. Residents have access to staff 24-hours-a-day for help with



*Pictured is Missy Peck (seated, center) surrounded by staff and friends at Crestwood Ridge Care Center during a Housewarming Party in her honor to shower her with well wishes for her new residence. Her Area Agency on Aging District 7 Care Manager, **Debra Estep, RN**, is pictured standing second from the left.*

activities of daily living, personal care, homemaking, meal preparation, medication monitoring and assistance, and socialization. In addition, each individual is assigned a care manager from the AAA7 who is either a registered nurse or licensed social worker. The care manager assists the individual with program accessibility, well-being monitoring, advocacy, and access to community services and activities.

To participate in the Assisted Living Waiver Program, an individual must meet the following requirements:

- Be a resident of Ohio
- Be age 21 or older
- Be Medicaid-eligible
- Have the ability to make a minimum room and board payment to the assisted living facility
- Meet the intermediate nursing home level of care
- Be able to have all care needs safely met in a residential care facility

Nearly 3,200 Ohioans currently use the Assisted Living Waiver. To determine if assisted living is a good option for you, contact the AAA7 toll-free at 1-800-582-7277 and request a free assessment.

Older Americans Month Proclamations - continued from Page 4



Top Row - Ross County (Left) and Scioto County (Right)

Second Row - Vinton County



Scioto Office Move

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with information regarding what is available in their community to support safe and independent living at home. If an individual is not eligible for a program with the AAA7, ADRN Resource Specialists work with the caller and their family on community options to address their concern or need. In addition, Resource Specialists can schedule an in-home consultation at no cost where a specially-trained nurse or social worker can come to the home and speak with the individual and their family about resource options and long-term care planning in more detail. Those who are interested in learning more should call the AAA7 toll-free at 1-800-582-7277, or visit the AAA7's new Wheelersburg Office, located at 8058 Ohio River Road in Wheelersburg. The Office is open Monday through Friday from 8:00 am until 4:30 pm.

assistance for individuals with HIV who needed to connect with important resources and services in the community. At the time, no other agency was doing this type of service, and the AAA7 agreed to assist until the capacity of other more appropriate agencies could be developed so that individuals in southern Ohio would not go without services or have to drive to urban areas for the services.

Currently, Pam is proud of the work the Agency has achieved with the recently-launched federal Veteran's Self-Directed Program. Through the program, AAA7 care managers help veterans of all ages, who live with physical and psychological conditions, connect with resources in the community in order to live safely and independently at home. One of only 26 like programs in the nation, after only one year of operation, the partnership the AAA7 has with the Ohio

Matura Receives Award

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Management Program, which provided helpful as-

Regional VA Medical Center in Chillicothe is currently the largest rural program of its kind and the third largest in the nation.

Pam, again, goes back to the notion that there is no "I" in "team" and that the successes she has been able to be a part of are really an extension of the hard work and dedication of the fabulous individuals she has had the opportunity to work with, lead, mentor and collaborate with. She was very honored to receive the award from OAGE and thankful for all the opportunities and relationships in her career that have helped her achieve a lifetime of experiences.

Pam resides in Gallipolis with her husband, Ray, a sociology professor at the University of Rio Grande. She has two children, Meagan (Matura) Barnes and Ryan Matura; son-in-law, Chris Barnes; daughter-in-law, Stephanie (Hager) Matura; and grandson, Nick Barnes.

AAA7 Staffers are Stellar Students!

Two AAA7 employees were recently recognized for their stellar work in the college classroom. Jane Clagg, AAA7 Accounting Manager, and Alicia Clark, AAA7 Assessor, have worked hard during their studies and we are proud of their academic achievements!

Jane graduated in December 2012 with a Bachelor of Science in Accounting and a Minor in Business Administration from the University of Rio Grande (URG). While completing the degree, Jane had to complete a required Business Capstone course which includes participation in a business simulation game with approximately 30,000 college students from all over the world. In the simulation, students run a company and are measured each week and ranked. Jane was able to place in the top 100 teams worldwide six out of the ten weeks, with her highest rank of sixth in the world.

In addition, Jane received multiple special awards at the URG Emerson E. Evans School of Business Awards Lun-

cheon that was held in May 2013. She earned the 2013 Outstanding Student Accounting Award, 2013 Outstanding Fall Business Policy Stimulation Competition Award, and 2013 Outstanding Student Business Field Test Award.

Alicia graduated in December 2012 with a Bachelor of Science in Social Work from Morehead State University's (MSU) campus in Ashland, Kentucky. She was awarded First Place in MSU's Ashland Campus Student Association of Social Workers' (SASW) Proposal for Change assignment which is submitted by each BSW student at the end of their final semester practicum. Alicia, who was assigned to the AAA7 for her practicum, chose to highlight the AAA7's Senior Home Information Program (SHIP) as a part of the project. SHIP is a voluntary service that provides a free home safety inspection to identify features in the home that may make a residence susceptible to burglaries, fires, or injuries due to falls. In her assignment, Alicia proposed that the program be expanded to include her home county, Lawrence



Alicia Clark (left) and Jane Clagg (right)

County (currently, SHIP is only offered in two of the AAA7's 10-county district in Ross and Scioto). Included in her proposal were steps to implementation and how she would be involved to make the project reality.

In addition, Alicia was asked to include her proposal as a part of the poster session at the 37th Annual Ohio Professional and Student Conference on Aging. During the event, she was able to network with other aging professionals across Ohio, as well as increase awareness about the SHIP Program and her vision of expanding it to Lawrence County.

Congratulations, Alicia and Jane!

AAA7's Kristy Bowman Recognized by OSHIIP

Kristy Bowman, AAA7 Benefits Specialist/Community Services Program Assistant, was recently named Coordinator of the Year for the Ohio Senior Health Insurance Information Program (OSHIIP). OSHIIP provides free health insurance information and services for those with Medicare on a variety of topics including Medicare health coverage, Medicare prescription drug plans, Medicare Advantage Plans, Medicare supplemental insurance, financial assistance programs for those with a limited income, and long-term care insurance.

Kristy coordinates volunteers in Gallia, Lawrence and Scioto Counties, and serves much of the southern

Ohio area with OSHIIP functions and assistance. Kristy has been a program volunteer for OSHIIP since 2008, and assists individuals throughout the year comparing drug plans in order to find the best plan for that individual. Kristy also assists those who are new to Medicare and overwhelmed with the enrollment process and appropriate plans. Kristy's help and assistance really adds up as in 2012, she was able to assist 300 clients in saving a total of \$130,213.

In addition to being named Coordinator of the Year, Kristy was also appointed to the OSHIIP Voluntary Advisory Board (OVAB) for a two-year term. In this role, Kristy will join other



members in helping to improve and grow the volunteer network for OSHIIP through her experience, expertise, regional knowledge, and personal experiences. In addition, she will also have the opportunity to present ideas to OSHIIP staff representatives and implement ideas to regional or county coordinators and volunteers to be used as a model for other county coordinators and volunteers to follow.



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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs.

AAA7 Receives Housing Assistance Grant to Assist Older Adults

by Nina Keller
AAA7 Assistant Director and
Director of Planning

The Ohio Development Services Agency, Office of Community Development, recently announced that the Area Agency on Aging District 7, Inc. (AAA7) successfully submitted a proposal for \$315,000 to provide emergency home repair and handicapped accessibility modifications to homeowners age 60 and older living in the ten county area served by AAA7.

AAA7 was required to commit \$157,500 in matching funds, bringing the total project to \$472,500 for a two-year period beginning March 1, 2013, and continuing through April 30, 2015. Matching funds are provided directly by AAA7 and through a wide array of community partnerships. Homeowners who are

at or below 50 percent of area median income of the county in which they reside are eligible to apply. Income from all individuals living in the home is considered.

This program is solely state-funded through the Low and Moderate Income Housing Trust Fund. AAA7 has been able to provide these housing assistance services consistently since the mid-90s through successful proposals to the Ohio Development Services Agency, previously known as the Ohio Department of Development.

Types of repair or replacement may occur in the following areas: heating systems, plumbing systems, hot water tanks, water taps and lines, hazardous electrical systems, or severely deteriorated roofs, walls, windows and doors. Examples of handicapped accessibility activities include limited re-

habilitation to remove barriers, such as installation of ramps and/or modifications to kitchens or bathrooms.

AAA7 has contracts with insured home repair contractors throughout the region that must meet the standards set by the state of Ohio. The home will initially be inspected by the AAA7 Housing Field Specialist to determine the extent of the repairs needed. Individuals interested in receiving assistance should contact Kristy Bowman at the AAA7 at 1-800-582-7277 to complete the application process.

