

The Aging Network

Area Agency on Aging District 7, Inc.

Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike,
Ross, Scioto and Vinton Counties in Ohio

www.aaa7.org **Helping You Age Better!**



WINTER 2014-2015

Caregiver Support Classes Provide Helpful Tools

The Area Agency on Aging District 7 has added a new community educational program to help caregivers with their caregiving role.

“Powerful Tools for Caregivers” is a free educational series that is designed to provide caregivers with the tools to help with their own care needs while caring for a relative or friend. It is available to help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

Staff from the AAA7 recently attended master training in Pittsburgh for the class and are looking forward to sharing the information to help caregivers in their caregiving role.

Classes consist of six sessions held once a week. Two experienced class leaders conduct the classes and provide interactive lessons, discussions, and brainstorming to help caregivers take the tools presented and place them in action. Attendees will receive a free book, “The Caregiver Helpbook,” developed specifically for the class that covers topics such as hiring in-home help, helping those with memory issues, making legal and financial decisions, and understanding depression.

“Powerful Tools for Caregivers” will give caregivers the tools to:

- Help reduce stress.
- Communicate effectively with other family members, doctors and paid help.
- Reduce guilt, anger and depression.
- Help with relaxation techniques.
- Make tough decisions.
- Set goals and problem-solve.

To learn more about this new class, call Vicki Woyan at the Area Agency on Aging District 7 toll-free at 1-800-582-7277, extension 22215.

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25 Years of Service!



AAA7 Executive Director Pam Matura is pictured with State Representative Doug Green. Representative Green recently presented Pam with a special recognition for her many years of dedicated service to the Agency. Representative Green serves Ohio’s 66th District which includes all of Brown County, as well as southeastern Clermont County, and is also a former AAA7 Board of Trustees member.

Annual Report Released

Helpful information including consumer stories, statistics, and impact of services were among some of the items included in the Area Agency on Aging District 7's (AAA7) 2013 Annual Report that was presented during the Agency's Annual Meeting at Shawnee Lodge outside Portsmouth. The AAA7 provides services to ten counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The AAA7's 2013 Annual Report, "Branching Out...to Meet the Needs of Our Community," highlights the variety of programs and initiatives made possible through the work of AAA7 staff, Board of Trustees, Advisory Council, and provider organizations throughout the ten counties served by the AAA7. This year's theme highlights the variety of new programs and initiatives the Agency has engaged in to widen the scope of services and programs available to the community. Stories sharing consumer experiences and how the variety of programs the AAA7 provides have helped them were a feature throughout the publication. The programs provided through the AAA7 help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay.

"This Annual Report shares the many achievements, commitment and dedication by all who work to make available program options for older adults and those with disabilities," stated Pamela K. Matura, Executive Director of the Area Agency on Aging District 7. "Through the many stories and information surrounding the programs we provide, we hope that readers will have better knowledge of these services and the impact they make in providing resources that allow citizens in our 10 counties to remain in the one place they call their own...home."

The AAA7 2013 Annual Report is available to view online at the Agency's website, www.aaa7.org. At the home page, click the "AAA7 Information" link on the left side of the page, then click "Publications." Underneath "Annual Report," click on "2013."

Staff Recognized for Years of Service

AAA7 staff were recently recognized for their years of service during the Agency's annual Staff Conference that was held at Shawnee Lodge outside Portsmouth. They included:

Ten Years

Sherri Anderson - Scioto Office
 Angela Clark - Scioto Office
 Jackie Corn - Rio Grande Office
 Jennifer Horn-White - Pike Office
 Brenda Moore - Scioto Office
 Teresa Reed-Powell - Scioto Office
 Tanya Vulgamore - Pike Office

Fifteen Years

Vicky Abdella - Rio Grande Office
 Joanna Cooper - Scioto Office
 Mary Walters - Scioto Office

Twenty Years

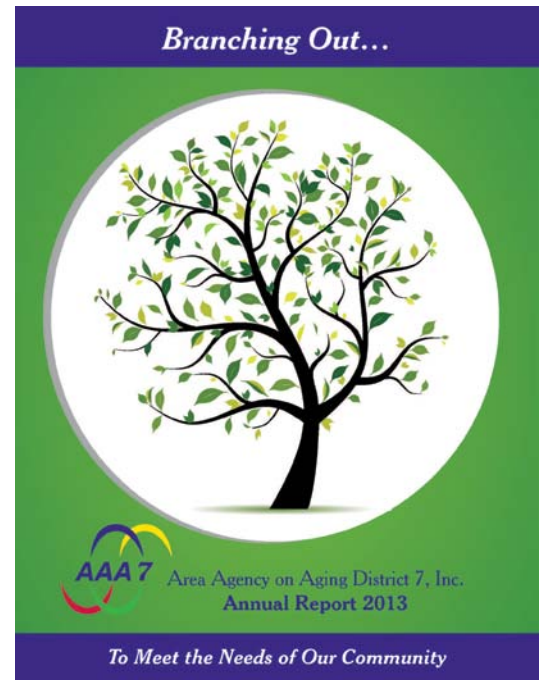
Teresa Buescher - Pike Office
 Donna Hurt - Scioto Office

Twenty Years (continued)

Sherri McCollum - Rio Grande Office
 Sheila Metzger - Rio Grande Office
 Sharon Moles - Rio Grande Office
 Merritt Sessor - Scioto Office

Twenty-Five Years

Pam Matura - Rio Grande Office



National Association Recognizes AAA7 and VA Partnership

The National Association of Area Agencies on Aging (n4a) honored 45 programs with an impressive track record of success helping older Americans remain in their homes and communities for as long as possible.

n4a announced the 2014 recipients of the prestigious Aging Innovations and Achievement Awards at its Annual Conference in Dallas, Texas. Locally, the Area Agency on Aging District 7 (AAA7) and Chillicothe Veterans Affairs (VA) Medical Center were honored for their outstanding work on a local program that helps veterans receive long-term care services in their homes.

In 2008, the Administration on Aging (now referred to as the U.S. Administration on Community Living), began a close collaboration with the Veterans Health Administration to provide an opportunity for Area Agencies on Aging (AAAs) across the country to serve veterans of all ages at risk of nursing home placement. The Veteran-Directed Home and Community-Based Services Program (VD-HCBS) offers a variety of services that the VA purchases from AAAs on behalf of eligible veterans. The program gives veterans the opportunity to self-direct their long-term supports and services that enable them to avoid institutionalization and continue living independently in the home. Some service examples a veteran may self-direct through the program include supervising their own personal care workers and other health maintenance services to remain safe and independent in the home.

Locally, the partnership between the AAA7 and the Chillicothe VAMC is referred to as the Veteran-Directed Program, and is one of 26 similar programs nationwide. The Chillicothe VAMC serves as the only medical center in Ohio currently operating this self-directed care program for veterans. Through a partnership with the Area Agency on Aging District 7, the program began in June 2012, and in 2013, became the largest single-site program of its kind in the nation having enrolled 96 Veterans. Through this successful program, veterans can receive the services they need, when and how they want them, and in their own homes, which has allowed veterans to have improved physical and mental health. Ninety percent of veterans enrolled in the program feel the program is allowing them to remain at home.



Pictured at the n4a Annual Conference in Dallas are, left to right, Deborah Meesig and Keisha King with the Chillicothe VAMC, and Merritt Sessor, Vicky Abdella and Pam Matura with the AAA7.

“Music and Memory”- the Healing Power of Music

Music & Memory is an innovative approach to dementia care pioneered by Dan Cohen and supported by neuroscience research. The program is an example of the type of person-centered care that Ohio is embracing. The Ohio Department of Aging is excited to bring this program to our state and the AAA7 and AAA7 Regional Long-Term Ombudsman Department is happy to support this wonderful initiative.



Through Music & Memory, individuals listen to their favorite music through the popular iPod digital music player. Personalized playlists are created that enable those struggling with dementia to reconnect with the world through memories triggered by the music they love. The process builds lasting, caring relationships and improves the care experience for all involved.

Our brains are hard-wired to connect music with long-term memory. People with dementia, Parkinson's disease and other diseases that damage brain chemistry can reconnect to the world and gain improved quality of life from listening to personal music favorites. **To learn more about Music & Memory, log on to www.aging.ohio.gov/services/music-memory, www.musicandmemory.org, or contact the AAA7 Regional Long-Term Ombudman Program at 1-800-582-7277.**

27th Annual Appreciation Brunch

The Area Agency on Aging District 7's (AAA7) Annual Appreciation Brunch was held at the Southern Ohio Medical Center Friends Center in Portsmouth.

During the special event, several individuals and groups throughout the Agency's 10-county district were recognized for their service and dedication to not only the Agency as a whole, but more importantly, the communities and seniors served by the Agency.

Special awards that were presented at the event to individuals or groups included:

William A. Jenkins Award

(Outstanding Contributor to Our Southern Ohio Aging Network)

This year's AAA7 "William A. Jenkins Award" was presented to Rushie McAllister of Jackson County. The AAA7 presents the award annually to an outstanding contributor to the southern Ohio aging network. The announcement of the recipient of the award is kept secret until the day of the Appreciation Brunch. The award is named in memory of William A. Jenkins, a native of Gallia County, who helped build the aging network in southern Ohio through the Area Agency on Aging District 7.



Rushie was born in Floyd County, Kentucky, and settled in Oak Hill, Ohio. At the age of 16, she began her first job at a grocery store in Waverly, Ohio. She went on to work various jobs in different locations including a clerk for Kroger's, assisting at a chiropractor's office, nurse aid at Oak Hill Hospital, in addition to others until she married and became a homemaker and raised her two sons. In the 1980s, Rushie joined the workforce again at Bonanza in Jackson, Ohio, where she received the company's Employee of the Year Award. Once her husband retired, they spent their time traveling, being with family, and flea marketing.

When her husband passed in 2008, Rushie began to fulfill her love of traveling by taking trips with her sister and volunteering with the Church of Christ Disaster Relief Team. Since 2011, she has been with the Disaster Relief Team in Missouri, Louisiana and Arkansas helping victims of natural disasters.

Rushie has been known to be a "wonder woman" – helping out whenever needed and wherever needed. She has taught an arthritis water class, is a member of the Red Hat Razzle Dazzles, and volunteers with the Red Cross, Jackson County Senior Citizens Center, RSVP of the Ohio Valley, and other organizations in the area. During election time, you'll find her helping at a voting location with the Board of Elections.

Painting and writing are some of the hobbies she enjoys. In continuing her desire to learn, she has taken art classes at the University of Rio Grande. Currently, she oversees the Jackson Senior Citizens Art Class as her mother did before, and has participated for many years in the Area Agency on Aging District 7 annual Art Show. She also loves to be outside gardening and going for walks. She is very knowledgeable about herbs and how the different plants can benefit our health. Her favorite hobby is sewing and quilting and she has also attended several community events, groups and schools sharing the story of the Underground Railroad Code Quilt in her periodic costume.

Rushie is a member of the Church of Christ in Rio Grande, Ohio, and is active with various projects including visits to Heartland Nursing Home and sewing dresses for a Costa Rica missionary trip. She also takes time to visit those in the hospital and nursing home. She enjoys being around people and spreading her positive attitude about life to others and adores her five grandchildren and four great-grandchildren who mean the world to her.

Susan Morgan, Executive Director at the Jackson County Senior Center, says Rushie is one of the most selfless individuals she knows – always doing nice things for everyone and placing everyone else's needs before her needs. The AAA7 was honored to present Rushie with this year's award for her outstanding support of others and the help she provides to so many.

Rushie is pictured above with her family, who surprised her at the event, and AAA7 Executive Director Pam Matura.

Partnership Award

This year's AAA7 "Partnership Award" was presented to Compass Community Health, a medical and behavioral health organization consisting of Compass Community Health Care Center, The Counseling Center, Inc., and Compass Point Housing. Compass believes that wellness is primarily focused on integrating compassionate care of mind, body and spirit. Compass has facilities in Scioto and Adams Counties, and also serves patients from a multitude of counties throughout Ohio and our surrounding area.

Together, the AAA7 and Compass Community Health has much in common in terms of serving the variety of needs throughout our rural communities.



The two organizations are working together to address the behavioral health and variety of other needs for older adults in our community through a bi-monthly meeting where they share ideas, best practices, and ways to better serve our consumers. In addition, the two groups collaborated on a staff training that provided staff from both organizations with information about alcohol and medication misuse and mental health problems. The AAA7 has also utilized the expertise of The Counseling Center as a part of its monthly Clinical Review Committee to provide input on case studies. Compass Community Health and the AAA7 have also worked together on a project to educate the public about the importance of "keeping your medications safe." Currently, the AAA7 is working with Compass on ways to help individuals in our communities have better knowledge and access concerning resources in their community.

Trailblazer Award

This year's AAA7 "Trailblazer Award" was presented to three hospitals in the area, Adena Health System based in Ross County, Holzer Health System based in Gallia County, and Southern Ohio Medical Center based in Scioto County. The Trailblazer Award is one that is presented to individuals, businesses or organizations that are recognized as pioneers – those that have blazed a trail to guide others with unique and innovative ideas or programs. The three hospitals were recognized for their work with the AAA7 on the Community Care Transitions Project (CCTP) and representatives from each facility are pictured at the right along with Pam Matura and Connie Montgomery from the AAA7.



In January 2012, the Southern Ohio CCTP was approved by the Centers for Medicare and Medicaid Services (CMS) and joined approximately 30 similar projects nationwide to provide care transitions services to Medicare fee-for-service patients in our area. The Project, which was made available through the Affordable Care Act, is a collaboration between three Area Agencies on Aging (AAA) (District 7 based in Rio Grande, District 6 based in Columbus, and District 8 based in Marietta), and five hospitals (Adena Health System in Chillicothe, Fairfield Area Medical in Lancaster, Holzer Health System in Gallipolis, Marietta Memorial Hospital in Marietta, and Southern Ohio Medical Center in Portsmouth).

Care Transitions utilizes AAA staff that are trained and certified in the Coleman Care Transitions Model, a nationally recognized evidence-based program that assists individuals with ways to achieve better health outcomes. "Coaches" from the AAA provide home visits and follow-up calls to eligible patients who are being discharged from one of the partnering hospitals.

The CCTP partnered with AAAs as community-based organizations and hospitals to enhance the hospital discharge process. To support the relationship with our medical partners, key staff from the AAA7 attends regular meetings and participates with re-admission teams at all of the participating hospitals. To enhance the patient experience, AAA7-certified Coleman coaches make contact with consumers while in the hospital to introduce the intervention, provide them with a personal health record, and make arrangements to schedule a home visit shortly after discharge.

After the home visit, weekly phone contact is made with individuals for 30 days following their hospital discharge. The overall goal of the Care Transitions Project is to improve patient health outcomes and reduce unnecessary hospital readmissions.

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Caregiver of the Year Award

The Caregiver of the Year Award was presented to Deana Swayne of Adams County.

In Ohio, family caregivers provide the equivalent of \$14.2 billion dollars of care each year to their spouses, children, grandchildren, other relatives, friends, and neighbors. Caregiving is a true, ultimate act of love. According to the National Family Caregivers Association, more than 90 percent of people who recognize themselves as caregivers become more proactive, reach out for assistance, and provide better care as a result.

Deana provides care for her father and made the decision to move back home to become a family caregiver and assist with care for her father, who needs 24-hour care. Deana, who is the Executive Director of the Adams County Chamber of Commerce, is thankful they are able to pay for private pay assistance to help when she is at work, but when she is at home in her caregiving role, it can sometimes become physically and emotionally draining.

The humble and selfless act of caring that Deana provides to help manage the daily activities and responsibilities of a loved one are a few of the many reasons she was presented with this award. The AAA7 recognizes and appreciates all caregivers for the loving care they provide. Deana is pictured with Pam Matura, Vicki Woyan and Vicky Abdella of the AAA7.



State Recognition

Harriette Ramsey, of Lawrence County, as a 2014 Ohio Senior Citizens Hall of Fame inductee.

Regional Long-Term Care Ombudsman Volunteers

Front row, left to right, Lavon Shields, Doug McCoard, Ronda Bivens, AAA7 Executive Director Pam Matura, Jeannette Hayburn, and Mary Book, Cindy Oakes and Kaye Inoshita, all with the AAA7. Not pictured are Caroline Boyd, Carol Carter, Cinda Hershberger, Donald Kennedy, Lois Lemley, Dena Morris, Megan Purcell, Segundo Santiago, Kevin Sheets, Fran Smith, Jerry Towler and Heidi Vititoe.



Doug McCoard of Scioto County (pictured left) was recognized for his 10 years of dedicated service as a Volunteer Ombudsman with the Area Agency on Aging District 7. Pictured are, left to right, AAA7 Executive Director Pam Matura, Doug McCoard, Cindy Oakes with the AAA7, and Kaye Inoshita with the AAA7.



Art Show and Essay/Poetry Contest Volunteers

Front row, left to right, Doris Evans, Joyce Haag, Jane Bragg and Diana Evans. Second row, left to right, Carolee Lewis, Mary Maxson, Rushie McAllister, Anna Summers and Irena Skaggs. Third row, left to right, Juli Stephens with US Congressman Bill Johnson's Office, AAA7 Executive Director Pam Matura, and Kaci Compton with US Congressman Brad Wenstrup's Office. Back row, left to right, AAA7 Board of Trustees President Gary Fenderbosch, Lavon Shields, David Summers and State Representative Doug Green. Not pictured are Joan Arrowood, Shelia Arrowood, Rita Baker, Alice Chinn, Jack Chinn, Ruth Davis, Henry Dillon, Pat Dillon, Josephine Elder, Gladys Flowers, Jean Isreal, Martha Leach, Hazel Nichols, Patricia Parsons, Bob Powell, Vicki Powell, Pam Riley, Nancy Shaw, Jim Skaggs, Phyllis Taylor and Ginger Tayntor.



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AAA7 Recognizes 32nd Annual Senior Citizens Art Show Winners

The artwork of local seniors was showcased at the Area Agency on Aging District 7's (AAA7) 32nd Annual Senior Citizens Art Show and Essay/Poetry Contest that was held at the Esther Allen Greer Museum located on the campus of the University of Rio Grande. Ohio residents age 55 and older were eligible to participate.

This year, a total of 159 art pieces were entered in the Contest with 61 essays/poems. Pictured are those individuals who received special awards at the event.



Pictured Above, Left - **Victor Potts Best of Show Award in the Professional Category** was awarded to Pat Thompson of Adams County for her pastel piece, "Moving in for the Tackle."

Pictured Above, Right - **Victor Potts Best of Show Award in the Amateur Category** and **People's Choice Award** was awarded to Gretchen Huffman of Highland County for her oil piece, "Molly at 14." She is with AAA7 Executive Director Pam Matura.

Pictured Left - **Mary Peck Friend of Animals Award** was awarded to Jacki Byers of Ross County for her photography piece, "The Snow Bandit." She is pictured with AAA7 Executive Director Pam Matura.



Pictured Far Left - **Best Overall Poem** was awarded to Charles Murray of Gallia County for his poetry piece, "John Hunt Morgan." He is with Pam Matura.

Pictured Left - **Best Overall Essay** was awarded to Jim Downard of Jackson County for his essay, "On the Seas of Regret: A Lyrical Essay."

Mark Your Calendars!!
2015 Senior Citizens Art Show
May 26-29 and June 1-5

Appreciation Brunch...continued from Page 6

Outstanding Seniors (As Selected by Each County Senior Center)

Outstanding Seniors selected by their county Senior Center who were in attendance included, pictured front row, left to right, State Representative Doug Green, Myrtle Stover (Lawrence County), Kaci Compton with US Congressman Brad Wenstrup's Office, and Juli Stephens with US Congressman Bill Johnson's Office. Back row, left to right, AAA7 Executive Director Pam Matura, Doug Jones (Ross County), Don Grooms (Adams County), Robert Downing (Pike County), and AAA7 Board of Trustees President Gary Fenderbosch. Not pictured are Donna Sizemore-Haynes (Highland County) and Marvin Payne (Jackson County).





Area Agency on Aging District 7, Inc.

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Website: www.aaa7.org • E-Mail: info@aaa7.org • Find Us on Facebook!

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

Become a Volunteer Ombudsman!

Looking for an opportunity to make a real difference in the lives of others? If so, the AAA7 has an opportunity for you or someone you know who may be interested in helping provide a voice for residents in long-term care nursing facilities.

Through the AAA7's Volunteer Ombudsman Program, these special helpers visit nursing home residents on a regular basis to provide them with a link to the outside world. Through these visits, Volunteer Ombudsmen help to lessen the isolation and loneliness many residents experience. Volunteers also provide an essential voice for residents, providing advocacy and assistance for those who have concerns about their care. See the flyer to the right for more details and contact us if you or someone you know would be interested in learning more about this opportunity!

AAA7 Volunteer Ombudsmen cover the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Call today to learn more!



NOT ALL HEROES WEAR CAPES

Maybe red is not your color, or a cape is not your style, but you can still make a valuable difference in the lives of others. The **Area Agency on Aging District 7 Volunteer Ombudsman Program** offers you the opportunity to be an advocate for nursing home residents through visits that provide them a connection with the outside world - serving as their ear and voice - **how HEROIC is that!**



CONSIDER BECOMING A VOLUNTEER OMBUDSMAN!



Volunteer Ombudsmen:

- Provide an essential voice for residents of nursing homes, assisted living facilities and other long-term care settings.
- Offer encouragement and support.
- Help residents understand their rights and resolve problems.
- Lessen isolation and loneliness many residents experience.
- Create their own schedule.
- Receive on-going training.
- Attend recognition and educational events.

Through regular visits at their assigned facilities, Volunteer Ombudsmen provide these essential services in the AAA7's ten-county district (Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties).

Interested in learning more? Call us toll-free:

1.800.582.7277 or e-mail info@aaa7.org