

# 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](http://www.aaa7.org) **Helping You Age Better!**

## WINTER 2017-2018

### Executive Director Matura Receives Special Recognition from Ohio House of Representatives

Several groups and individuals were recognized at this year's Area Agency on Aging District 7 Appreciation Brunch with one very special and surprise recognition being bestowed upon Executive Director Pam Matura. State Representative and Ohio House Finance Committee Chairman Ryan Smith presented Pam with a special commendation from the Ohio House of Representatives for her many years of service. Pam was quite surprised and humbled by the special honor and was happy to share her joy with everyone who was in attendance at the event.

More information and pictures from the event is included on Page 3.



### Annual Meeting Features "Town Hall" with County Commissioners

The AAA7's Annual Meeting was held this Fall in Pike County. A feature that was part of the event this year was a special "Town Hall" segment with County Commissioners who represent the counties in the AAA7's district. Commissioners in attendance included: Brent Saunders, Gallia County; Paul Haller, Jackson County; Blaine Beekman, Fred Foster and Tony Montgomery, Pike County; Dwight Garrett, Ross County; Cathy Coleman and Bryan Davis, Scioto County; and Tim Eberts and Jim Satory, Vinton County.

"We were so encouraged to have our local County Commissioners join us at our Annual Meeting this year to provide feedback about concerns and thoughts regarding services for seniors and disabled individuals in their own individual counties," said Pamela Matura, Executive Director, Area Agency on Aging District 7. "It is important for us to be in touch with our communities and having an open discussion with our local elected officials was extremely beneficial and worthwhile. It was a wonderful day to discuss more ways in which we can work together to help those in our communities."

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## **Annual Meeting** (continued from Page 1)



The Area Agency on Aging District 7 welcomed County Commissioners from their district to share in a "Town Hall" segment at the AAA7's most recent Annual Meeting.

Pictured, front row, left to right: Alice Ward, President, AAA7 Board of Trustees; Commissioner Paul Haller, Jackson County; Commissioner Cathy Coleman, Scioto County; Pamela Matura, AAA7 Executive Director; and Commissioner Jim Satory, Vinton County.

Back row, left to right, Commissioner Bryan Davis, Scioto County; Commissioner Tim Eberts, Vinton County; Commissioner Dwight Garrett, Ross County; and Commissioner Brent Saunders, Gallia County.

## **Ohio Department of Aging Director Visits AAA7 and Meal Site**

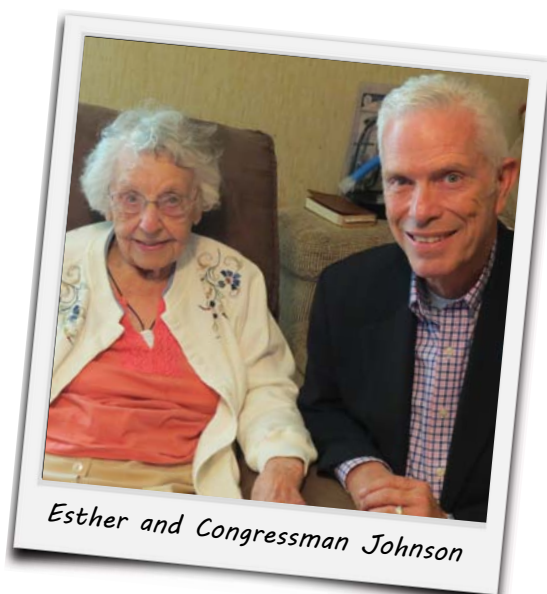
The year 2017 was a very busy and eventful year for the Area Agency on Aging District 7. During the year, the AAA7 was pleased to welcome Ohio Department of Aging Director Stephanie M. Loucka to the Agency for a meeting to learn more about important issues and endeavors and to also visit the congregate meal site at the University of Rio Grande (URG) in Gallia County. This specific meal site is quite unique in the fact that it promotes this important service for seniors from an intergenerational perspective on a college campus. The congregate meal site at the University of Rio Grande began in 1999. Over the past five years, the site has averaged over 13,500 meals per year, with an average of 447 unduplicated consumers per year. Pictured with Director Loucka (pictured left) is URG representative Annette Ward, Sodexo Dining Services Manager Dave Lynch, URG representative Rebecca Long, and AAA7 Executive Director Pam Matura. For more information about the congregate meal site at URG, contact our Agency at 1-800-582-7277.



## **US Congressman Bill Johnson Visits with AAA7 Staff and Consumer**

The Area Agency on Aging District 7 enjoyed having a special visit from US Congressman Bill Johnson, who represents Ohio's 6th District, which includes 18 counties in Eastern and Southeastern Ohio. Counties served by the AAA7 that Congressman Johnson represents includes Gallia, Jackson, Lawrence and portions of Scioto.

During his visit, Congressman Johnson spent time with AAA7 staff and discussed programs the AAA7 provides that are funded through federal dollars in the Older Americans Act - this includes services such as adult day, congregate and home-delivered meals, homemaking, legal services, transportation, personal care, and caregiver support. The AAA7 advocates all throughout the year for these services, stressing their importance in sustaining a healthy and safe lifestyle for seniors who want to remain in their home.



*Esther and Congressman Johnson*

As a part of the visit, Congressman Johnson visited with Esther Thomas of Gallia County who, along with her family, receives services and supports through the Caregiver Support Program. This includes respite services and information and assistance. A very important program that provides helpful support for so many!



## AAA7 Recognizes Awardees from 2017 Appreciation Brunch

*The AAA7 recognized a number of individuals and groups at its 2017 Appreciation Brunch for their service and dedication to not only the AAA7, but more importantly, the communities served by the Agency.*



### William A. Jenkins Award

The surprise award of the event was presented to **Darlene Green** (pictured center) of Lawrence County. Also pictured is left, Area Agency on Aging District 7 Executive Director Pam Matura, and right, Area Agency on Aging District 7 Assistant Director Nina Keller. Darlene was recognized for her many years of dedicated service to the aging network and seniors in Lawrence County, and her work with starting Senior Day in Lawrence County at the Lawrence County Fairgrounds each May. During the award presentation, it was noted about Darlene, "Her dedication to helping provide and make possible senior center services in the eastern end of Lawrence County has made a difference for so many." 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 AAA7.



### Community Partnership Award

Presented to the **Lawrence County Commissioners, Ironton-Lawrence County Community Action Organization, and Darlene Green**. Pictured, left to right, Melinda Nance and Mike Payne representing the Ironton-Lawrence County CAO, Lawrence County Commissioner Freddie Hayes, Jr., Darlene Green, Lawrence County Commissioner DeAnna Holliday, and Area Agency on Aging District 7 Executive Director Pam Matura. The AAA7 acknowledged the hard work and vision of the individuals recognized to provide senior services and support senior initiatives in Lawrence County. Mentioned was the expansion of the congregate meal program by the Ironton-Lawrence County CAO in the Chesapeake area; the operation of the Sybene-Chesapeake Senior Center with the leadership of Darlene Green; the support of the Lawrence County Commissioners with the offer to build a new senior/community center and EMS station on land at the fairgrounds; and the ribbon cutting and open house for the newest independent senior living apartments in Rome Township, Proctor's Landing, by the Ironton-Lawrence County CAO.



### Advocates of the Year Award (Pictured Left)

Presented to **Ohio Association of Area Agencies on Aging** representatives including Executive Director **Larke Recchie**, pictured left, and Chief Policy and Operating Officer **Beth Kowalczyk**, pictured right. Both ladies were recognized for their tireless effort with work and advocacy surrounding the state budget and programs currently provided through the Area Agencies on Aging network throughout Ohio.

### Legislator of the Year Award (Pictured Center)

Presented to **State Representative Ryan Smith**, who serves as Chair of the Ohio House Finance Committee. He was recognized for his hard work and countless hours working on the budget and meeting with individuals who were advocating for a number of issues. He was also recognized for his support of Area Agencies on Aging and his care and concern for important issues in his district.

### Trailblazer Award (Pictured Right)

Presented to **Holzer Health Systems**. Pictured with Executive Director Pam Matura is **Brenda Seagraves** of Holzer (pictured center) and Connie Montgomery, Director of the Aging and Disability Network at the AAA7. Holzer was recognized for their partnership with the AAA7 on a project to help reduce readmissions and a pilot project in the Emergency Department that helps provide patients with information, community referrals and long-term care consultations.



## **Chillicothe VA Medical Center and Shawnee State University Receive o4a Partnership Award**

The Chillicothe Veterans Affairs (VA) Medical Center and Shawnee State University in Portsmouth were recently presented with the Outstanding Area Agency on Aging Partnership of the Year Award at the Ohio Association of Area Agencies on Aging (o4a) Annual Conference that was recently held in Columbus. The two organizations were nominated by the Area Agency on Aging District 7, which covers ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.



The Chillicothe VA Medical Center and Shawnee State University's Master of Occupational Therapy (MOT) students partnered with the Area Agency on Aging District 7 (AAA7) Regional Long-Term Care Ombudsman Program (RLTCOP) and the AAA7 Department of Community Services to provide the Music and Memory program to Ohio's veterans, their caregivers, and others with cognitive impairment in home and community-based care settings. Music and Memory is a person-centered approach to dementia care that uses custom playlists on digital music players to reconnect people with dementia to the world around them. Although Music and Memory has been utilized in residential-based care settings for many years, the state of Ohio was the first state to deploy Music and Memory in community-based settings with this project serving as one of the most successful in the state.

The AAA7 partnered with Shawnee State University's MOT students to provide on-site Music and Memory training for the staff of the Chillicothe VA Medical Center and selected adult day care and residential care facilities. MOT students provided hands-on demonstrations during the trainings; showing the deployment sites how to conduct individualized music assessments, use an iPod, purchase iTunes, create playlists, and load i-Pods with individualized music.

The Chillicothe VA Medical Center identified veterans in their long-term care facility, as well as veterans living in the community, that would benefit from Music and Memory. This included training primary care team members, recreational therapists, pain psychologists, and nurses at the VA Medical Center. The MOT students worked with the various groups/deployment sites to place iPods with individualized playlists into the hands of 165 veterans and others with cognitive impairment living in the community over a year and a half in 2015, 2016 and 2017. The program continues to be a part of the Chillicothe VA Medical Center and AAA7 Veteran-Directed and Caregiver Support Programs. Sustainability for the project comes from donations to purchase iPods, headphones and music as needed.

Music and Memory has been shown to help individuals feel happier and more social, build stronger relationships between caregivers and recipients, and may reduce the use of antipsychotic medications. This particular partnership was unique in that it brought together generations of individuals through the help from the college students to veterans of many ages who were able to experience the benefits of the Music and Memory program.

Attending the conference to represent the three organizations was (pictured above, left to right): Mandy Kenz from the Chillicothe VA Medical Center; Merritt Sessor from the AAA7; Keisha Kelley from the Chillicothe VA Medical Center; Dr. Christine Raber from the Master of Occupational Therapy Program at Shawnee State University; and Chelsey Wemmer, Nina Keller and Kaye Inoshita from the AAA7.

For more information about the Music and Memory program, call the Area Agency on Aging District 7 at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).

## Local Wellness Volunteer Encourages Others to Participate

Many people in our communities live with a chronic disease. This could include conditions like diabetes, COPD, heart disease, arthritis, and other health issues that individuals live with daily in their life. According to the Centers for Disease Control and Prevention, half of all American adults have at least one chronic condition, and almost one of three have multiple chronic conditions.

Several years ago, the Area Agency on Aging District 7 (AAA7), in a joint effort with the Ohio Department of Aging, began the development of a wellness initiative to bring classes to the community for those age 60 and over, to help with chronic disease self-management, diabetes self-management, and falls management. Designated staff members of the AAA7 were trained in these initiatives and became “master trainers”, allowing them to teach others in the community to become “community coaches”. These volunteer coaches help others in their hometown or county discover helpful ways to live with their chronic diseases and become empowered to take better care of themselves.



Don Davis of Scioto County is one of those individuals who has been serving as a volunteer community coach in order to help others in his community who are living with a chronic disease. Having been active in the aging field at both the local and state level for almost 40 years, and living with two chronic illnesses himself, Don was drawn to the call for volunteers after reading a newspaper article. He’s been volunteering in this capacity since September 2015.

Through his volunteer role, Don is teamed up with an additional volunteer community coach. Together, they work to present the materials to participants and encourage and facilitate dialogue throughout the six-week course that is provided to participants at no cost. AAA7 provides both the technical course and material training to potential community coaches on how to instruct the sessions, and prepares them before they start their class. The AAA7 also provides all course materials and co-instructors, secures the training site, schedules the sessions, and registers participants. Potential volunteers only need to give of their time – all materials and training is provided to each volunteer at no cost.

Through the workshops, community coaches provide support to participants and discuss helpful topics such as: learning ways to deal with pain, fatigue and depression; discovering ways to be more physically active; learning how to eat healthier; learning better ways to talk with physicians and family about health issues; setting personal goals; and finding ways to relax and better deal with stress. Don shares that what he feels those attending find most useful varies from person to person, but that through the basic information presented and sharing time during the workshop, several ideas are usually discovered and found useful by those who attend.

“Being a coach is one of the most rewarding experiences that I have ever felt,” Don shares. “All you have to do is see a participant respond as if they just had an “a-ha!” minute or have them tell you that they have found something new which they tried and it worked! This happens frequently in the various sessions we present.”

“As I have discovered, we make a difference,” he says. “I have seen participants try something new and embrace it; others have blossomed and acted as ‘assistant coaches’; and many have taken significant steps in accepting their condition and finding effective ways of dealing with it. If we have helped only one participant in a particular session, we have made their life better. What more can you ask?”



**To learn more about becoming a Community Coach, call us at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org)**

# AAA7 Staff Recognized for Years of Service

*Staff were recognized for their years of service at the Agency's Fall Staff Training*



**Five Year Awardees** (pictured left): Carla Cox, Teresa McQuoid, Kristie Preston, Executive Director Pam Matura, Emily Moore, Angie Shriver and Kristal Arrowood.

**Ten Year Awardees** (pictured right): Deb Estep, April Smith, Amy Trefz, Lisa Burseson, Jack Fout, Heidi Lewis, Cindy Throckmorton, Executive Director Pam Matura and Sherri Hill. Not pictured: Jane Clagg and Carolyn Hopper.



**Fifteen Year Awardees** (pictured left): Sarah Tobert, Vicki Woyan, Executive Director Pam Matura, Karen Wilcoxon and June DeMoya. Not pictured: Vera McCorkle and Carol Rieve.

**Twenty Year Awardees** (pictured center): Executive Director Pam Matura and Rex Sanders. Not pictured: Joy Potts and David Swingle.

**Twenty-Five Year Awardees** (pictured right): Debbie Gulley, Executive Director Pam Matura and Mansuela Austin.



**Thirty Year Awardees** (pictured left): Bonnie Dingess, Executive Director Pam Matura and Debbie Crawford.

**Forty Year Awardee** (pictured right): Joyce Shong with Executive Director Pam Matura

# AAA7—Celebrating 45 Years in 2017

Since the Area Agency on Aging District 7 (AAA7) marked 45 years of service in 2017, what a perfect time for a quick history lesson about the AAA7. An abbreviated version of the history is below; however, if you would like to learn more details, just log on to our website at [www.aaa7.org](http://www.aaa7.org). and search for “History” under “About AAA7.”

The Area Agency on Aging District 7 was established in 1972 through the Older Americans Act to plan and provide a comprehensive and coordinated system of care through in-home and community-based supportive and nutritional services.



Initially, the AAA7 was one of only a few model projects in Ohio funded by the US Administration on Aging. It was sponsored by Rio Grande College to focus on ways and means to assist older adults living within the district. The AAA7 originally served the catchment area of the then Rio Grande College and focused on social services for older adults including transportation, information and referral.

In 1974, the Agency was designated as the AAA7 by the Ohio Commission on Aging and the area was expanded to ten counties (Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton). At this time, the statewide AAA network was also formed.



Here’s a quick timeline of milestones over the years:

## 1978

- Nursing Home Ombudsman Program

## 1980

- Left sponsorship of Rio Grande College and became a private not-for-profit organization.
- Established 15-member Board and Nutrition Program through Older Americans Act Title III (Congregate Meals and Home-Delivered Meals)
- Care Coordination

## 1990s

- Administrative Agency for PASSPORT (work with the Ohio Department of Aging and Ohio Department of Job and Family Services)
- Service Coordination
- Home Repair
- Ryan White HIV Program
- My Care, My Way

## 2000s

- Caregiver Support Program and Grandparents Raising Grandchildren
- 2010—Designated by the Ohio Department of Aging as an Aging and Disability Resource Center (ADRC)
- 2012—Care Transitions Program
- 2012—Veteran-Directed Program
- 2014—Partnership with CareSource with Ohio Home Care Waiver
- 2016—Partnership with CareSource with Specialized Recovery Services
- 2017—Hospital2Home



*Pictured from years ago are all the Executive Directors the AAA7 has had over the past 45 years!*





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

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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 specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs.*

## **AAA7 Annual Report Now Online!**

Helpful information including Agency highlights, facts and figures is included in the Area Agency on Aging District 7's (AAA7) 2016 Annual Report that was presented at the Agency's recent Annual Meeting. The AAA7 provides services to ten counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

"Providing a Helping Hand for Generations to Come," highlights the variety of programs and initiatives made possible through the work of AAA7 staff, the Board of Trustees, Advisory Council, and provider organizations throughout the ten counties served by the AAA7. This year's theme highlights the 45 years of service the AAA7 has been providing, and the options and resources the Agency can help individuals and their families identify in regard to long-term care, and a number of other services available to older adults and those with disabilities. The programs provided through the AAA7 help older adults and those with disabilities of any age 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.

### **Did you know...in 2016, the AAA7 served over 33,000 individuals!**

Learn even more by reading our Annual Report which is available online at [www.aaa7.org](http://www.aaa7.org) under "About AAA7" and "Publications" or contact us to have a hard copy mailed to you - 1-800-582-7277 or [info@aaa7.org](mailto:info@aaa7.org).

