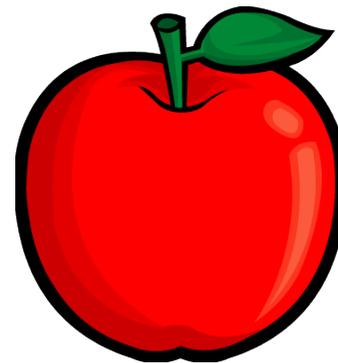


Join Us for “Wellness Wednesdays”

A weekly livestream focusing on wellness opportunities through the Area Agency on Aging District 7 (AAA7) is featured each Wednesday on the AAA7 Facebook page. “Wellness Wednesdays” is featured each week at 10:00 am with a new wellness topic for discussion during the broadcast.



As routines have changed through the pandemic, so too have the wellness programs offered through the AAA7. The Agency offers a number of valuable and helpful programs designed to help individuals with their chronic conditions and other health concerns. Prior to the pandemic, the AAA7 would have these classes in person, but have moved them now to telephone classes.

Through “Wellness Wednesdays”, the Agency is able to expand the reach to share information about the valuable programs available to help with chronic disease self-management, diabetes self-management, chronic pain self-management, falls management, and caregiver support. The goal is to increase knowledge about these programs and help more and more people learn to live with their chronic conditions and/or embrace helpful tips that can help individuals live healthier.

One recent episode showcased “Powerful Tools for Caregivers” which is available for two groups: one for those who are caregivers of adults with chronic conditions, and one for caregivers of children with special health or behavioral needs. Those who can participate include: spouses/partners; adult children of aging parents; caregivers of children with special needs; grandparents raising grandchildren; and any caregiver who provides care for another.

Research has long indicated that caregivers suffer high rates of depression and anxiety and have increased health problems. Caregivers often neglect themselves to care for others and often feel powerless to the events happening in their lives. “Powerful Tools for Caregivers” was designed to target specific issues to help caregivers take better care of themselves.

Topics discussed include: taking care of the caregiver; how to identify your personal stress and tools to help; learning how to communicate feelings, needs and concerns as a caregiver; learning from emotions; mastering caregiving decisions; and caregiving resources.

Classes are available for those who live in one of the ten core counties located in the AAA7’s district which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. There is no cost associated with participating. Those who are interested are encouraged to call for more information or to pre-register at 1-800-582-7277 or e-mail info@aaa7.org.

If you missed any of the “Wellness Wednesday” episodes, you can see a recorded version on the AAA7’s Facebook page or on the AAA7’s website at www.aaa7.org.

Fraudulent telemarketers are a scourge on lonely older adults. To help someone avoid becoming a victim of fraud, suggest that certain common-sense rules be followed. Answer True or False to the questions below.

- 1. Government officials will not call you to obtain personal information in order to receive the vaccine. T F*
- 2. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test. T F*
- 3. Most seniors never report abuse, even when they know their funds are being taken, because they are overwhelmed at the idea of involving the police. T F*
- 4. Be aware of a senior's complaints of stolen pension or Social Security checks or credit cards or new signatories added to an older adult's account. T F*
- 5. The National Center on Elder Abuse estimates that most cases of financial abuse are reported. T F*
- 6. People with Alzheimer's disease and all other dementia may forget to wash their hands to prevent illness. T F*
- 7. Many physical illnesses have been linked to sleep deprivation such as a reduction in natural immunity to infections and diseases. T F*
- 8. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately. T F*
- 9. Alcohol, excessive caffeine, lack of exercise and lack of a routine all make exhaustion worse. T F*
- 10. It is okay to open hyperlinks in text messages about COVID-19 from unknown individuals.*

KEY: 1. T 2. T 3. T 4. T 5. F 6. T 7. T 8. T 9. T 10. F