

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 2010

AAA7 Receives Designation for Aging and Disability Resource Center

Older adults and those with disabilities do not have to look very far when searching for help and assistance with long-term care options and resources; the Area Agency on Aging District 7, Inc. (AAA7) has been providing this helpful service to those in our district since 1972. Now, there is great news for the district as this helpful service is about to experience an enhancement through a designation the AAA7 recently received from the Ohio Department of Aging (ODA).

The designation as a fully-functioning Aging and Disability Resource Network, also known as an ADRN, means that the AAA7 will serve as a referral point for consumers, providing them with a comprehensive directory for a variety of services offered to residents in the AAA7's 10-county district, which includes Ohio counties Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Through this designation, older adults and those with disabilities will experience an even greater level of resources through a number of community partners and collaborations organized by the AAA7.

Part of a nationwide concept, the ADRN collaborative effort is made possible through the Administration on Aging (AoA) and the Centers for Medicare and Medicaid Services (CMS). Together, the two groups designed an initiative to streamline

access to long-term supports and services for older adults, all persons with disabilities, family members, and care providers. The significance of the ADRN designation from the Ohio Department of Aging here locally is that the AAA7 is now recognized at the state level as the lead agency in our region to focus on the development of a network to meet the needs of individuals in our community. Currently, the AAA7 is making contact with a number of agencies, organizations and groups throughout its 10-county district to develop a comprehensive network of providers that have agreed to collaborate around the goal of simplifying the system for consumers. The goal is to develop an informed network that provides callers with reliable information on a variety of resources.

As a designated ADRN, the AAA7 is responsible for five core functions including: information, referral and awareness; options counseling, advice and assistance; streamlined eligibility determination for public programs; person-centered transition support; and quality assurance and continuous improvement. Through these core functions, the AAA7 is committed to their role as a trusted resource where community members of all ages,



Pictured are staff from the AAA7 Resource Center. Seated, left to right, Kay Allbright, LSW, Dottie Esque, RN, CIRS-A, and April Smith, RN. Standing, left to right, Sharon Moles, RN, Rachel Champlin, LSW, Jackie Corn, LSW, and Lori Brooks.

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disabilities and income levels can turn for information and assistance with long-term living services and support options. The Agency's role is to make sure the community has reliable information in order to make the best decisions about their own personal needs for the present and future.

Through the AAA7's Resource Network, callers can be offered a no-cost, in-home consultation from a certified Agency nurse or social worker to discuss long-term care alternatives and planning. Staff works with individuals and their families on options, resources and information regarding community and home-based long-term care. Regional

collaborations and partnerships with a number of groups who support services and programs through the AAA7 are also an important feature of the ADRN. Through these partnerships, callers and consumers are provided with a number of options that best support their needs.

"What's so wonderful about this set-up is that consumers, their families, and those who provide consumers with service and support will be assisted with finding, applying to, and/or utilizing the services they need regardless of age, disability or ability to pay," says Pamela K. Matura, Executive Director of the Area Agency on Aging District 7. "Anyone who

needs help or assistance with long-term care choices and decisions can simply call our Agency. Through the Aging and Disability Resource Center, an individual can be linked to a number of helpful resources in our communities that are available to assist them."

To contact the AAA7's Aging and Disability Resource Center, simply call the Agency toll-free at 1-800-582-7277 (TTY 1-888-270-1550) and ask for the "Resource Center." Here, individuals can speak directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available in their community to best serve their needs.

AAA7 Releases Annual Report

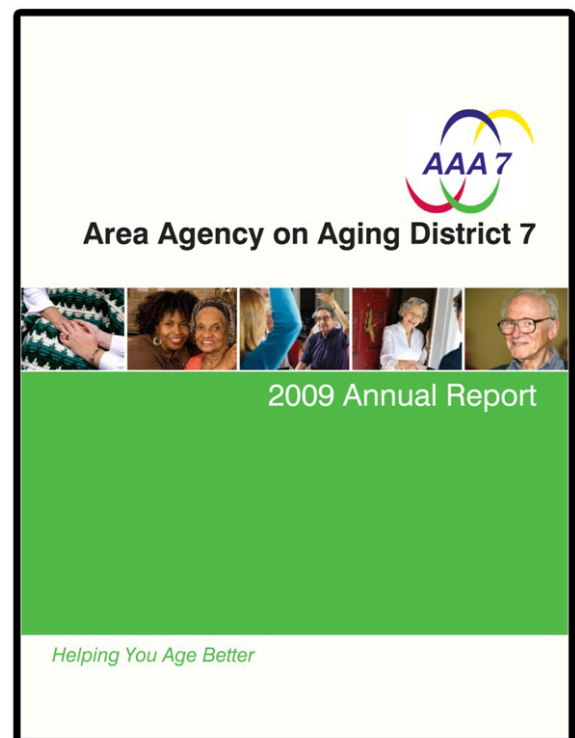
Helpful information including consumer stories, statistics, and impact of services were among some of the items included in the Area Agency on Aging District 7's (AAA7) 2009 Annual Report that was presented during the Agency's Annual Meeting. The Meeting was held October 20, 2010, at the Christopher Conference Center in Chillicothe.

The AAA7 provides services to ten counties in Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The Annual Report highlighted the many accomplishments of AAA7 staff, Board of Trustees, Advisory Council and provider organizations. 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 2009 Annual Report is available to view online at the Agency's website, www.aaa7.org. At the home page, click the "Newsletters" link on the left side. Once on this page, underneath "Annual Reports," click on "2009."

AAA7's Debbie Gulley Receives State Award

Debbie Gulley, Director of Long-Term Care Programs at the Area Agency on Aging District 7, Inc. (AAA7), was recently recognized at the state level by the Ohio Association of Area Agencies on Aging (o4a) for her significant contributions to Ohio's Aging Network.

Gulley, who has been with the AAA7 since 1992, was recognized at the o4a's Annual Conference that was held in Columbus and attended by staff and representatives from the twelve Area Agencies on Aging throughout the state.

Gulley was honored for her hard work and participation with many of o4a's committees and projects, in addition to her valuable insight and expertise.

The award, which is a surprise to the recipient until the announcement at the Conference, was certainly something Gulley did not expect when her name was called. "I was completely shocked – it was a total surprise," Gulley shares. "I feel so privileged to serve with many people through the entire aging network in Ohio who go above and beyond to serve seniors to the best of our abilities."

Gulley, who is a 1982 graduate of the Holzer School of Nursing, received a Bachelor of Science in Nursing from Ohio University in 1990. Prior to her joining the AAA7 in 1992 as a PASSPORT case manager, she had worked in the nursing home industry as a Director of Nursing. Gulley was named the Long-Term Care Services Director at the AAA7 in 2008, and prior to, held a supervisory role for Agency programs including Residential State Supplement, Care Coordination, Assisted Living and PASSPORT.

Gulley resides in Wheelersburg with her husband, Joe, who works for Cunningham Asphalt. They have two sons; Kevin, 24, who attends medical school at Wright State University; and Alan, 22, who is employed as an electrician. She is the daughter of Tom and Beverly Danner, who are former residents of Gallia and Lawrence Counties.

"I am so proud to work for the Area Agency on Aging District 7," Gulley says. "We have been able to touch the lives of so many people in our ten counties with the helpful services we provide. Everyone within the AAA7 organization is so mission-driven. It is so great to be part of a group of individuals who give their best everyday so that we, in turn, can give seniors and those with disabilities choice and independence with their long-term care decisions."



Pictured is **Debbie Gulley** (right) who receives her award from Ohio Association of Area Agencies on Aging President **Duana Patton**. Also pictured at left is **Pam Matura**, Executive Director of the Area Agency on Aging District 7.



Advocacy. Action. Answers on Aging.

Monthly Newspaper Columns Debut

Monthly columns, which are being featured in most of our ten-county district newspapers, debuted this past September. The column is entitled "Helping You Age Better" and a new topic is presented each month.

The columns, which were designed to create a consistent, monthly presence in our local newspapers, provide helpful information to those in our communities. Topics range from general information about programs and services the Area Agency on Aging provides, in addition to helpful health, wellness and safety information. Below is the debut column that "kicked-off" the new initiative in September.

September 2010

What is the AAA7??

AAA7. You may have seen this acronym or perhaps have heard about it, but what exactly does it stand for? What does it mean?

Although one version of the acronym "AAA" covers automobiles and traveling, the AAA7 stands for the **A**rea **A**gency on **A**ging **D**istrict **7**, a non-profit corporation designated by the State of Ohio to be the planning, coordinating and administrative

agency for federal and state programs in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton counties in Ohio.

The programs coordinated by the AAA7 are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, Veterans Administration, other federal and

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Senior Expo Recognizes Platinum and Gold Sponsors

Over 3,000 attendees were welcomed at the Area Agency on Aging District 7's (AAA7) Senior Expo that was held in September at the Scioto County Fairgrounds in Lucasville. This year's theme was "Wild, Wild, West."

Features at the Senior Expo included exhibit booths, free health screenings, Bingo, door prizes, live entertainment, a cake auction, food, games, and much more.

Over 100 exhibit booths were featured with a booth decorating contest also being held to recognize the best "Wild, Wild, West" themes. Booths were judged in two categories, both Providers and Non-Providers of the Agency.

Top Winners - Providers

1st Place

Advantage Home Health Care

2nd Place

Unity 1 Home Health Care

3rd Place

*Genesis Respiratory Services/
Interim Health Care*

Top Winners - Non-Providers

1st Place

Consulate Health Care (Edgewood Manor of Lucasville, Greenfield, Wellston and Piketon Nursing Ctr.)

2nd Place

Golden Years

3rd Place

Life Ambulance

During the event, the AAA7 recognized its many sponsors that make the event possible. Sponsors represented many of the counties covered by the AAA7 which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

More information regarding Senior Expo 2011 will be announced at a later time. Stay tuned!



PLATINUM SPONSORS – Senior Expo Platinum Sponsors recognized at the event included, seated, left to right, **Rachel Brammer** and **Julie Brammer** from A&L Home Care; **Shella McDowell** from Best Choice Home Care; **Joshua Frye** and **Butch Fite** from Everyday Home Care; **Sonia Avery** from Life Ambulance; and **Wendy Williams** from Uniforms to the Res-Q. Standing, left to right, are **Pam Matura**, Executive Director of the Area Agency on Aging District 7, Inc.; **Sharon Gahm** and **Rick McNelly** from McNelly-Gahm Insurance; **Jodi Riley** from the Ross County Committee for the Elderly; **Kara Howard** and **David Hagerman** from Southern Ohio Behavioral Health; and **Bobbie Perego** from Ultimate Health Care. Not pictured are representatives from Holzer Health Systems and Southern Ohio Medical Center.



GOLD SPONSORS – Senior Expo Gold Sponsors recognized at the event included, seated, left to right, **Amy Colley** from ActivStyle; **Peggy Bennington** from Alternative Nursing and Home Care; **Nancy Millhouse** from American Medex Home Health; **Erica Kegley** and **Megan Cline** from Consulate Health Care; **Hope Blizzard** from Genesis Respiratory Services; and **Terra Bowen** from Interim Health Care. Standing, left to right, are **Pam Matura**, Executive Director of the Area Agency on Aging District 7, Inc.; **Beth Morgan** from Heartland of Portsmouth; **Jamie Howard** from Kendall Home Care and Family Nursing; **Kim Lawless** from Liberty Nursing Center of Portsmouth; **Kyla Carpenter** from Ohio Valley Bank; and **Trish Powell** from Unity 1 Home Health Care. Not pictured are representatives from Country Living Skilled Nursing, Family Senior Care, Hill View Retirement Center, Dr. Terry Johnson for State Representative Committee, Ohio Valley Home Health, and United Scioto Senior Activities (USSA).

Senior Expo

Silver and Bronze

Sponsors

Platinum and Gold Sponsors are recognized and listed with the pictures to the left. A big THANK YOU to our Silver and Bronze Sponsors as well. Thanks to all of our sponsors' generous support, we were able to host another successful Senior Expo for our district!

SILVER

Advantage Home Health Care, Inc.
Special Touch Home Care
US Food Service
Valley Wholesale Foods

BRONZE

Adams Brown Counties Economic Opportunities, Inc.
Adams County Florist
Alzheimer's Association of Central Ohio
American Savings Bank
Arthritis Association
Best Care Nursing and Rehab
Crystal Care Center
Frontier Community Services
Gahm's Pharmacy
Golden Years
Guardian Medical Monitoring, Inc.
Home Helpers/Direct Link
John R. Haas, Attorney at Law
Hallmark Health Care, Inc.
Hometown Medical Supplies, Inc.
Leading Respiratory Services
Molina Healthcare
Pleasant Hill Manor
Rest Haven
River Park Hospital
Scioto County Democratic Party
Skilled Nursing, Inc.
Tub Cutter
VRI
Wise Medical Staffing, Inc.
Woodmen of the World

Cake Auction Held at Senior Expo

The Cake Auction is a yearly feature at the Expo, which helps raise money for local Senior Centers in the AAA7's 10-county District that includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Each county Senior Center donates a baked cake to the event to be auctioned with the money raised from each cake going back to the Senior Center that donated it. This year's event raised \$2,050.00 for local senior centers.



"Bakers" and "Takers" were recognized at this year's Senior Expo Cake Auction. Pictured at right are, seated, left to right, **Judy Rejonis** from the Gallia County Senior Center (representing cake bakers **Marlene** and **Adam Stout**); **Charlene Jackson** from the Jackson County Board on Aging (representing cake baker **Opal Crabtree**); **Bonnie Fitzgerald** from the Lawrence County Community Action Organization; **Joyce Borders** from the Pike County Senior Center; **Kay Huffman** and **Ann Mitchell** from the Highland County Community Action Organization; **Dola Powell** from the Vinton County Senior Center; **Ethel Chambers** from the Adams County Senior Center; **John Stultz**, Board of Trustees with the Area Agency on Aging District 7; **Pam Matura**, Executive Director of the Area Agency on Aging District 7, who purchased the Pike County cake; and **Alice Ward**, Board of Trustees Vice President with the Area Agency on Aging District 7. Standing, left to right, are **Ruth Conkey**, **Art Lewis**, **Janet Lewis** and **Scott Evans** representing Terry Johnson for State Representative, who purchased the Jackson County cake; **Joshua Frye**, representing Everyday Homecare, who purchased the Highland County cake; Scioto County Commissioner **Skip Riffe** and **Patti Riffe**, who purchased the Scioto County cake; Adams County Commissioner candidate **Marty Grooms**, who purchased the Adams County cake; **Lisa Hadsell**, representing State Representative candidate Ron Hadsell, who purchased the Lawrence County Cake; **Wendy Williams** of Uniforms to the Res-Q, who purchased the Gallia County cake; and Auctioneer **Patrick Ball** of Jackson Insurance Brokerage, who purchased the Ross County cake.



Home Information Program Helps Seniors Live Safely

“This is a great, helpful program for senior citizens. I was so impressed with all the helpful suggestions. Thanks so much.”

This testimony of appreciation is just one of the many positive comments the Senior Housing Information Program (SHIP) has received concerning its much needed services that have been made available to Scioto County seniors over the past year. This free service is made possible by a number of coalition members who work together to provide these services. Led by the Area Agency on Aging District 7, Inc. (AAA7), additional coalition members include the Portsmouth Police Department, New Boston Police Department, Scioto County Sheriff’s Office, Portsmouth Fire Department, New Boston Fire Department, Scioto County Volunteer Fire Departments, Scioto Retired and Senior Volunteer Program, Scioto County Department of Job and Family Services, and Shawnee State University’s Master of Occupational Therapy Program. In recent months, the program has been quite pleased to receive monetary support from the Scioto Foundation (\$4,500.00) and the Portsmouth Area Ladies Society (\$400.00). Community donations are needed and much appreciated in order to keep SHIP operational.

SHIP is available to all Scioto County seniors, 60 years of age and older, without regard to income. The service provides a home safety inspection to identify problems that make an individual susceptible to burglaries, fires or injuries due to falls. Inspections are conducted by qualified law-enforcement officers, fire department personnel, aging service professionals, and occupational therapy student interns. After the no-cost inspection, a written safety assessment is presented to the

resident and if needed, home safety equipment is provided based on the findings of the assessment at no cost to the senior. The Scioto County program is modeled after a successful project that was implemented in Ross County in 2008.

According to Kaye Inoshita, RN, Director of the Regional Long-Term Care Ombudsman Program at the AAA7, from May 2009 until April 2010, 26 home inspections were conducted by SHIP in Scioto County with the following supplies provided to seniors at no cost: 33 smoke detectors, 15 carbon monoxide detectors, 13 fire extinguishers, 18 night lights, 15 bath mats, and 21 non-slip rug mats or tape. In addition, all 26 individuals were provided with education about long-term care options and elder abuse.

Specifically in Scioto County, the program is one that is addressing a concern for many seniors given that one in eight Scioto County residents age 60 or older have incomes below the poverty level and have a high possibility of being unemployed. This, in turn, can present a high proportion of individuals who live in dangerous home conditions of which they are

unaware or able to correct because of a lack of income or the age of the house. Not to mention the potential for the home to present conditions that would increase the risk of a fall. Thankfully, the SHIP program provides an avenue to address these concerns in order to provide safer living conditions for Scioto County’s senior population.

“The great aspect of SHIP is the collaborative efforts of so many of our county organizations and agencies,” commented Inoshita. “Without the support from these agencies and the individual professionals who give of their time to develop the program, SHIP would not exist. It is a wonderful program that helps seniors safely age in place in their own homes.”

Another senior who was able to benefit from the services provided through SHIP commented, “This means so much to someone living alone like me. You get a ‘thumbs up’.”

For more information regarding SHIP, or to find out if you qualify for a free assessment, call Karen Wilcoxon, RN, with the Area Agency on Aging toll-free at 1-800-582-7277, extension 140.

Monthly Newspaper Column Topics

Log on to www.aaa7.org to read our new monthly newspaper columns. You can find a list of all of our news releases, including the columns, under the “News Releases” link.



September - “What is the AAA7”

October - “Medicare and the New Health Law - Be Educated”

November - “Supporting the Caregiving Role”

December - “Home for the Holidays”

AAA7's Rita Pauley Presents at National Conference

Rita Pauley, Planning and Program Development Manager with the Area Agency on Aging District 7, Inc. (AAA7), was recently invited to make a presentation at the 2010 Users Conference, sponsored by Harmony Information Systems, Inc. The meeting was held in Burlington, Vt., August 24 through 27, with more than 180 aging services professionals from across the nation in attendance.

Pauley presented on the AAA7's use of Harmony's Social Assistance Management System for the tracking of consumer information through the Agency's non-Medicaid Community Living Program and Nursing Home Diversion Grant. The software system allows the AAA7 to capture data that supports success and growth of the programs including consumer eligibility, assessment satisfaction and outcomes, as well as program costs.

AAA7 received the Nursing Home Diversion Grant in late 2008, in partnership with the Ohio Department of Aging, from the federal

Administration on Aging. AAA7 was selected to serve as the only site in Ohio to demonstrate the activities within the project in order to guide development of similar programs throughout the state. Through this significant role and help from Harmony's software, the AAA7 has been able to establish a system that has worked well. Through national presentations such as Pauley's, the Agency has the opportunity to share this knowledge with other aging service professionals.

"Having the opportunity to share our successes with this software program gave our Agency national exposure and recognition," commented Pauley. "Since the presentation, we have received many questions and inquiries from around the nation concerning our use of the software. In addition, our presence at the conference provided our Agency with the chance to network with a number of other organizations that have similar needs throughout the country. I was proud to serve as a presenter at the



*Pictured are Ohio Area Agency on Aging representatives who attended the Harmony Information Systems User Conference in Vermont. Pictured left to right are, **Collette Cordoba**, Area Agency on Aging District 4; **Rita Pauley**, Area Agency on Aging District 7, who also presented at the Conference; **Mindy Cayton**, Area Agency on Aging District 8; and **Janie Collins**, Area Agency on Aging District 8.*

conference and showcase our Agency in the national spotlight as a leader with successful implementation of data collection for non-Medicaid programs."

Monthly Columns....continued from Page 3

state resources, as well as private pay. These services 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; legal assistance; and linkage to community services. In short, the AAA7 provides services that enable older adults and individuals with disabilities to remain in the one place they call their own...home.

Choice – Independence – Quality. The AAA7 strives each day to make this

available to those individuals in our district who need our assistance. In order to support this, our Agency's slogan, "Helping You Age Better," was developed to promote positivity and assistance as a part of the aging process. Aging is experienced by everyone, but no one should go through it alone or without assistance. Each and every one of us deserves to experience choice, independence and quality, and the AAA7 is here to provide this to seniors and those with disabilities in our district.

Individuals who feel they could benefit, or know of someone who could benefit from the services the

AAA7 provides, are encouraged to call our toll-free number at 1-800-582-7277 (TTY 1-888-270-1550). You will have the opportunity to speak directly with a nurse or social worker who will assist you with information surrounding the programs and services that are available to best serve your needs. Our caring and competent staff works side-by-side with older adults and their families to arrange long-term care consultations, in-home services, and a number of other programs that promote safe and independent living at home. Let us help you "age better."

See Page 6 for a list of monthly column topics currently online.



Area Agency on Aging District 7, Inc.

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Toll-Free Number: (800) 582-7277 • TTY: (888) 270-1550 • Website: www.aaa7.org

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 also 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.

Snow Shoveling Safety

from www.weathersafetyohio.gov

Keep walkways around the home clear of snow and ice. Snow shoveling can cause serious injuries or death to people who are elderly, have chronic health problems, or are not used to strenuous activity. If you are in one of these categories, you may want to use a snow blower or hire a snow removal service.

If you choose to do this heavy work yourself, remember that your body may tire quicker in the cold. Do not overextend yourself. Take short breaks in between shoveling. Exhaustion can make the body more susceptible to cold injuries.

Tips:

- Wear sturdy shoes with rugged soles to help prevent slips and falls.

- Never smoke while shoveling. Tobacco smoke constricts blood vessels just as cold air does; the combination could be dangerous.

- If you become short of breath while shoveling, stop and rest. If you feel pain or tightness in your chest, become dizzy, faint or start sweating heavily, stop immediately and call for help.

- Have a partner monitor your progress and share the workload. If you have a heart attack, your partner can call for help and if trained, perform cardiopulmonary resuscitation (CPR) until help arrives.

- Use a sturdy, lightweight shovel to push the snow out of the way. If you must lift the snow, take small scoops. A shovel-full of dry snow can weigh about four pounds; wet snow can weigh significantly more.

- Warm up before shoveling by walking

and stretching your arms and legs for a few minutes. Warm muscles are less likely to be injured and work more efficiently.

- If you use a snow blower, keep in mind that pushing a snow blower through heavy, packed snow can present a health risk.

See more tips on winter safety at www.weathersafetyohio.gov/WinterHealthSafetyTips.aspx.

