



A Grandparents Newsletter

*will be mailed separately
in a few months.*



Upcoming Wellness Programs

Chronic Pain Self-Management in JACKSON COUNTY

*Tuesdays from April 9th - May 14th • 1:00 pm - 3:30 pm
Seton Square Apartments, Wellston*

Diabetes Self-Management in ROSS COUNTY

*Wednesdays from April 17th - May 22nd • 1:00 pm - 3:30 pm
Hopeton Village, Chillicothe*

Diabetes Self-Management in GALLIA COUNTY

*Wednesdays from April 24th - May 29th • EVENING CLASS!! 5:00 pm - 7:30 pm
Bossard Memorial Library, Gallipolis*

Diabetes Empowerment in VINTON COUNTY

*Wednesdays from May 1st - June 5th • 1:00 pm - 3:00 pm
Wilkesville Community Center, Wilkesville*

Diabetes Empowerment in ADAMS COUNTY

*Thursdays from May 2nd - June 6th • 10:00 am - 12 Noon
Adams County Annex Building, West Union*

Chronic Pain Self-Management in SCIOTO COUNTY

*Tuesdays from May 7th - June 11th • 1:00 pm - 3:30 pm
Kings Daughters, Portsmouth*

Matter of Balance Falls Management in GALLIA COUNTY

*Tuesdays and Thursdays from May 14th - June 6th • 9:00 am - 11:00 am
Holzer Wellness Center, Gallipolis*

Matter of Balance Falls Management in JACKSON COUNTY

*Tuesdays and Thursdays from May 14th - June 6th • 12:30 pm - 2:30 pm
Jackson Senior Citizens Center, Jackson*

Tools for Caregivers of Children with Special Needs in ROSS COUNTY

*Thursdays from May 16th - June 20th • 10:00 am - 12 Noon
Synergy Family Foster Care, Chillicothe*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

Elder abuse will not stop on its own. Someone else needs to step in and help. Many older adults are too ashamed to report mistreatment. Or, they're afraid if they make a report it will get back to the abuser and make the situation worse. Answer True or False to the questions below.

- 1. Emotional or psychological abuse is believed to be the most common form of elder abuse. T F*
- 2. Long periods of solitude and failure to provide companionship contribute to neglect even if the older adult is provided essentials such as food, water, and shelter—but no opportunity for social interaction. T F*
- 3. When assessing whether abuse has occurred, it is also helpful to observe the interaction with caregivers or significant others involved in the older adult's immediate situation. T F*
- 4. Scammers make a special effort to lure trusting older adults; they will entice them with false lottery winnings, fake inheritances, illegitimate sweepstakes, or "special" opportunities to donate to their charity. T F*
- 5. Having a physical disability almost doubles a woman's risk of psychological abuse. T F*
- 6. Caregiver stress is hard on the caregiver, but can not trigger elder abuse. T F*
- 7. Typically, an elder abuser is a highly stressed close relative who depends on the older adult person financially, psychologically, or both. T F*
- 8. Abuse can happen to anyone and older adults are not particularly vulnerable. T F*
- 9. Con artists who are looking to financially exploit an older adult often use the phone asking for personal, credit card or social security information. T F*
- 10. Many state and non-profit agencies also offer respite services to provide family members with temporary relief from the stress of caring for an older adult. T F*

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