

Senior Farmers' Market Nutrition Program Coupons Available in 2021

\$50 in Coupons Available for Eligible Seniors

The Senior Farmers' Market Nutrition Program (SFMNP) is a federally-funded program administered by the United States Department of Agriculture's Food and Nutrition Services Agency and in Ohio, by the Ohio Department of Aging (ODA). ODA provides additional state funds to support SFMNP operation within Ohio.

To be eligible for the \$50 in coupons, individuals must live in the ten counties included in the AAA7's district which include Adams, Brown Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Individuals must be age 60 or over at the time of application and households must be at 185% of the poverty level. In a household, both the husband and wife can be eligible separately for the coupons. Individuals can only receive the \$50 in coupons (ten \$5 coupons) one time per year and items must be purchased from authorized farmers only.

Applications can be found on the AAA7's website at www.aaa7.org, under the "Happening Now" section on the Home Page and then the link for "Interested Participants", or you can call 1-800-343-8112 to request an application or to ask any questions. The Agency can also be reached via e-mail for applications or questions at FarmersMarket@aaa7.org. Those interested must complete an application each year and use the current year's application form.

"We at the Area Agency on Aging District 7 are committed to this exceptional program that helps seniors throughout our region," stated Nina R. Keller, Executive Director of the AAA7. "For the first time last year, we were able to expand the program to all of our ten county region, improving the nutrition of older adults through increasing their consumption of fresh fruits and vegetables. This program is a win for the individual senior and for the farmer who can receive reimbursement for their locally grown produce. We encourage individuals who might be eligible and farmers who want to participate to contact us today!"



For More Information:

1-800-343-8112 • FarmersMarket@aaa7.org

When communication fails, stress levels go up. Higher stress is associated with heart attacks, high blood pressure, and more severe diabetes symptoms. Answer True or False to the questions below.

- 1. Compassionate communication doesn't "fix" some of the very difficult challenges and realities of being a caregiver, but it does lead to kindness, gentleness, and more resilience when we do this hard work. T F*
- 2. Dental care doesn't matter for overall wellness. T F*
- 3. Observations are free of our judgments. T F*
- 4. Blame can momentarily relieve some tension, but it also leads to other unpleasant feelings such as anger, resentment and disappointment. T F*
- 5. Observations help us get clarity about what really happened versus the story we are telling ourselves. T F*
- 6. Before leaving a person with dementia alone, consider if they can recognize an emergency such as a fire and know how to call 911. T F*
- 7. One way to have more empathy for ourselves and others when we are in emotional pain is to follow the "Observation, Feelings, Needs and Requests" model. T F*
- 8. When the person in your care can no longer communicate with words, you can communicate that you care about them by the tone of your voice. T F*
- 9. People with Alzheimer's Disease may be able to sing a song with you, even though they can no longer speak. T F*
- 10. You cannot practice communicating compassionately with yourself. T F*

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