

# TOP THREE

DECEMBER 2023

Area Agency on Aging District 7



Welcome to our December 2023 news e-blast - sharing our "Top Three" focus items for this month. As always, reach out to us with any questions and follow us on our social media platforms!

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## AAA7 Annual Report

The AAA7's 2022 Annual Report, "Celebrating 50 Years of Helping Our Communities Age Better," 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 core counties served by the AAA7, and additional counties the AAA7 serves in Ohio through other contracted programs. 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. This year's edition celebrated the Agency's 50th Anniversary, that was marked in 2022, and included pictures and milestones from over the years. The AAA7 2022 Annual Report is available to view online at the Agency's website, [www.aaa7.org](http://www.aaa7.org). [Click Here](#) to see the latest Annual Report.



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## Fall-Free Friday

The AAA7 and Shawnee State University Master of Occupational Therapy Program recently wrapped up another "Fall-Free Friday" series of livestreams featured on the AAA7's Facebook page. This virtual education is presented by graduate students in the Program and features falls prevention tips and information. The livestream addresses topics such as risk factors, proper foot wear, the importance of exercise, home safety, community mobility, energy conservation, and everyday activities. Due to the nature of the program, recorded episodes can be found on the AAA7's Facebook page. In addition, the AAA7's website at [www.aaa7.org](http://www.aaa7.org) includes a special page dedicated to Fall-Free Friday that includes all the episode links, helpful handouts, and educational links to more information. For more information, [click here](#).



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## HEAP

The Home Energy Assistance Program – or HEAP – is open for applications for 2023-2024. HEAP can help eligible Ohioans manage their heating bills. You can find applications at your local Community Action Agency. If interested or if you have questions, contact your local Community Action Agency or call the Area Agency on Aging District 7 at 1.800.582.7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).