

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

FALL 2021



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Sign-Up for Our E-Mail News!!

Go to www.aaa7.org,
click on the red box at
the top of the page and
follow the instructions.

Stay in touch
with the AAA7!

Medicare Open Enrollment Now Through December 7th

Medicare Open Enrollment is October 15th through December 7th. This is the time of the year when changes can be made in the plans and providers you've chosen for your Medicare Part D prescription drug coverage and/or Medicare Advantage option. Open enrollment is also a good time to run drug comparisons to make sure the Medicare Part D plan you are on is still your best option as Medicare Part D plans do change from year to year.

To be eligible for Medicare health insurance plans, you must be at least 65, or be on Social Security disability for two years, and be a US resident or legal citizen for at least five years.

Original Medicare, sometimes referred to as Part A and Part B, helps with hospital, doctor and outpatient services. More than likely, a Medicare supplement is needed in order to cover the costs not covered by Parts A and Part B. Medicare Advantage, or Part C, combines Parts A, B and D in to one plan. During Open Enrollment, beneficiaries have the opportunity to make changes to these plans that provide better support for their health and well-being. It's a time to change what doesn't work and keep what does.

Individuals who receive the Low Income Subsidy (LIS) can change their plans anytime of the year. Even if you are receiving help through LIS, it is a good idea to check your plans to make sure all of your medications will be covered on your current plan for 2021.

The AAA7 is a local resource you can utilize for assistance with the Medicare Open Enrollment process and can be reached by calling 1-800-582-7277 ext. 250, or e-mail at info@aaa7.org.

Your resource for local vaccine providers and community resources is a call away!

- Information about vaccine providers and contact information in your community.
- Assistance with receiving a vaccine in your home if you are homebound.
- Help from one of our Resource Specialists regarding questions or more information about vaccine providers or other community resources that are close to you.

Contact the Area Agency on Aging District 7
1-800-582-7277 or e-mail info@aaa7.org



AAA7 and Shawnee State University Partner on “Functional Friday” Community Education

The topic of managing function in your everyday life was the feature of “Functional Fridays,” a weekly livestream that was recently presented by the Area Agency on Aging District 7 (AAA7) and the Shawnee State University (SSU) Occupational Therapy program. The series can currently be viewed on the AAA7 Facebook Page and website at www.aaa7.org.

According to the American Occupational Therapy Association, occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—injury, illness, or disability.

The students in the Occupational Therapy Program at Shawnee State incorporate educating the community as a part of their studies in providing additional resources and information about occupational therapy and the many ways it can be used to help individuals. According to their professor, Dr. Christine Raber, “We are so fortunate and grateful for the opportunity to partner with AAA7 on the Functional Fridays initiative. This experience has provided meaningful learning opportunities through the delivery of virtual education for our students while observing pandemic precautions.”

Through the Functional Fridays livestreams, the graduate students from the Occupational Therapy Program at Shawnee State University discussed a number of topics surrounding older driver safety awareness and everyday function when living with a chronic condition.

All of the broadcasts can be watched on playback on the AAA7 Facebook page or a dedicated page on the AAA7’s website for the Functional Fridays education. In addition to the broadcast, educational information for each episode is also provided for the specific topic discussed. To find the educational information, log on to www.aaa7.org, click on the “Functional Fridays” box mid-way on the Home Page, and find the topic you are looking for.

For more information, call the AAA7 at 1-800-582-7277 or info@aaa7.org, or Dr. Christine Raber with the Shawnee State University Occupational Therapy Program at (740) 351-3530 or craber@shawnee.edu.

The topics that are available as a playback on social media or on the AAA7’s website include:

- Everyday Activities After a Stroke
- Anticipating Changes That Affect Driving
- Family Conversations (regarding driving)
- Screening and Evaluation of Driving
- Interventions That Can Empower Drivers and Families
- Staying Engaged in the Community With or Without a Car
- Chronic Condition Management
- Importance of Daily Routines and Habits for People Living with Dementia
- Energy Conservation for COPD/Pulmonary Problems



www.aaa7.org

Free Community Suicide Awareness/Prevention Training

The Area Agency on Aging District 7 (AAA7) recently received funding from the Foundation for Appalachian Ohio's (FAO) Cause Connector giving program. Cause Connector is a charitable matchmaking site, created to help more donors support local nonprofit projects in Appalachian Ohio. The AAA7 is utilizing the funding to support an important community training for suicide awareness and prevention called **QPR: Question, Persuade, and Refer.**



Through the Suicide Prevention Foundation, AAA7 staff have been trained to provide the community educational program QPR: Question, Persuade, and Refer. Much like the well-known CPR, the fundamentals of QPR are easily learned and applied through a short training which can be done virtually or online. QPR, like CPR, functions as a "chain of survival", allowing lay persons and professionals to respond to a life-threatening event: suicidal crisis. The training provides a booklet for each participant which becomes the resource to assist suicidal persons and is an instrumental part of the training. Teachers, coaches, local clergy, police officers, and any community individual can learn the QPR method to help recognize signs and clues of suicidal behavior, how to approach and communicate with a suicidal person, and where to refer them for assistance.

In Ohio, five people die each day by suicide. A report released by the Ohio University College of Health and Sciences in July 2020 found rural counties have higher incidences of suicide and less resources to treat mental health conditions in Ohio. Of Ohio's 88 counties, 37 have above the United States average deaths from suicide. Adams, Gallia and Jackson Counties have 20 suicides per 100,000 individuals annually; Brown County has 18 per 100,000; Highland, Pike and Ross Counties have 17 per 100,000; Scioto and Lawrence Counties have 13 per 100,000; and Vinton County has 11 per 100,000. The Area Agency on Aging District 7 serves all ten of these counties with a mission of providing resources and services for the area.

Upcoming virtual training dates have been set and the training is open to anyone in the community who is interested.

Dates include: December 14th and January 11th, with additional dates planned in February and March. The training will last a couple hours and attendees will receive materials ahead of time to use in the training.

If you or someone you know would be interested in participating, or if you have questions about the training, please call the AAA7 Training Department at 1-800-582-7277, extension 252, or e-mail info@aaa7.org. To register for the training, log on to www.aaa7.org, go to the "Training" tab and click on "Training Registration".

Telephone Caregiver Support Group

Third Thursday of Every Month
1:30 pm - 2:30 pm

Call 1-800-582-7277 or e-mail info@aaa7.org to register.



Our Resource Center is OPEN and available to answer your questions about home and community-based resources in your community!

1-800-582-7277 - info@aaa7.org



Senior Farmers' Market Recipe Book

The Ohio Department of Aging (ODA) partners with Area Agencies on Aging throughout the state to offer the Senior Farmers' Market Nutrition Program in 81 counties. Eligible participants receive benefits to be redeemed for Ohio-grown fresh vegetables, fruits, herbs, and honey annually May through October. Some restrictions apply.

This year, ODA designed a special book that showcases a number of recipes for Summer and Fall that utilize fresh produce, like what is offered through the Senior Farmers' Market Nutrition Program.

The book, "Eating Well," is available to view on the Area Agency on Aging District 7 website. Go to www.aaa7.org, find the "AAA7 Services and Programs" tab. Click on "Senior Farmers' Market" and you'll find the link for the "2021 Recipe Book" there.

Information regarding the 2022 Senior Farmers' Market Nutrition Program will be shared in the Spring of 2022. Those who are interested must complete an application to determine eligibility. For more information, call 1-800-582-7277 or e-mail info@aaa7.org.



Area Agency on Aging District 7, Inc.

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Website: www.aaa7.org • E-Mail: info@aaa7.org • Find Us on Facebook!

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 call toll-free at 1-800-582-7277. Here, individuals can talk directly with a specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs.