

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 2020

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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!

Introducing Fall-Free Fridays

According to the National Council on Aging, falls remain a leading cause of injury for people aged 65 and older. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. The good news is that they are preventable and there are proven steps people can take to reduce their risk.

Historically, the Area Agency on Aging District 7 (AAA7) and the Shawnee State University Occupational Therapy (OT) Program have worked together to provide falls prevention education to the community through the AAA7's "Matter of Balance" falls prevention program. Students have become trained in the program and help to facilitate the course to interested community members in the district as a part of their class requirements. At the present time, due to social distancing recommendations and health protocols in place during the current pandemic, in-person wellness classes with the AAA7 have not been able to be held; therefore, not making the opportunity possible for OT students to participate in providing education to the community.

Thankfully, a solution was developed to provide this education through a virtual format on the Area Agency on Aging District 7's Facebook page. In September, the AAA7 began featuring "Fall-Free Fridays", a live, weekly interview with two Shawnee State University OT graduate students who provide community education on a falls-related topic and information about falls, risk factors, and helpful prevention tips. The AAA7 also shares this information on their website at www.aaa7.org and also offers a "Fall-Free Friday Fact" weekly on the AAA7 Facebook page and website.

"The opportunity for our students to partner with AAA7 to provide health promotion activities to older adults has always been an incredible learning

Fall-Free Fridays

with the Area Agency on Aging District 7 and
Shawnee State University Occupational Therapy Program

Fridays at 10:00 am
Now through
December 11th

AAA7 Facebook Page



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It's Medicare Open Enrollment Time

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. If you wish to make changes, you can only do so between this time. 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.

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 open enrollment process and can be reached by calling 1-800-582-7277.

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.

More information about Medicare plans and options is available at www.medicare.gov.



Fall-Free Fridays...continued from Page 1

experience," said Christine Raber, PhD, OTR/L, Professor, Master of Occupational Therapy Program at Shawnee State University. "We are very excited and grateful that technology allows these real-life experiences to continue, and look forward to helping the community learn about ways to prevent falls."

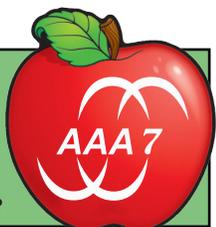
"We have often heard that "Necessity is the Mother of Invention" and this pandemic has provided ample opportunity to find new ways to continue to provide services and information to older adults, persons with disabilities and those who care for them," stated Nina R. Keller, Executive Director of the Area Agency on Aging District 7. "We are extremely grateful that the Occupational Therapy Program at Shawnee State University (SSU) has joined us in developing and carrying out innovative ways to reach individuals in the community with critical guidance on falls and their prevention. Innovation is key and we value our ongoing partnership with SSU."

Fall-Free Fridays started September 11th and will end December 11th. A page on the AAA7's website page also features items from each episode including a recording of the broadcast, tip sheets prepared by the students, a "Fall-Free Fact", and a summary news release that is shared with local media. If you have questions about how to access the virtual education or recording, contact the AAA7 at 1-800-582-7277 or e-mail info@aaa7.org.

Join us for...

Wellness Tip of the Week

Every Monday at www.aaa7.org and our Facebook Page



COVID-19 Update

2020 has certainly been a year none of us will ever forget. It's been a year of learning and adjustment, but through the entire process, our Agency has continued to provide the essential services that so many of our consumers depend on.

Recently, our state association, the Ohio Association of Area Agencies on Aging (o4a), distributed a survey to Ohio Area Agencies on Aging (AAA) and published a special report with the results. Highlighted was the response of AAAs to the needs of our communities and what challenges lie ahead as we all grapple with the long-term effects of the coronavirus. The responses from the survey revealed that the needs for older adults are growing and changing, with more emphasis on how to live with the reality of the virus safely, but most importantly, in a way that does not disengage older adults from the efforts to move us all forward with the new "normal."

The AAA7 sent statistics for part of the o4a report. Below are numbers from the AAA7 for the timeframe March - September 2020.

- People Receiving Home-Delivered Meals – 3,402
- Home-Delivered Meals Provided – 564,634
- Grab and Go Meals Provided – 24,031
- Wellness Kits to Senior Apartments – 3,400
- PPE/Educational Kits Presented to AAA7 Independent Providers - 390
- Telephone Reassurance/Check-In Calls – 623
- Information and Assistance Calls - 3,875
- Caregivers Who Received Support – 3,114

As a result of the pandemic, our Agency has developed some creative ways to reach out to our consumers and the community. These have included: Porch Talk Telephone Reassurance Program, Wellness Tip of the Week, Telephone Caregiver Support, Telephone Wellness Classes, Fall-Free Fridays, and Telephone Volunteer Ombudsmen opportunities. We have also delivered PPE to our providers and wellness kits to senior apartment complexes in our district thanks to federal CARES Act dollars that the Ohio Department of Aging directed through our Agency as the channel for COVID-specific supplies for our local providers.

As always, the AAA7 has and continues to operate as essential employees, serving our vulnerable populations. We are proud to be able to continue providing needed services to our community now and beyond.

You can see the entire report distributed by o4a at the following link - <http://ohio-aging.org/wp-content/uploads/o4a-AAA-COVID-19-Response-Report-Final.pdf>.



Pictured above are AAA7 staff preparing distribution of PPE for providers. Top to bottom: Rio Grande Office, Wheelersburg Office, West Union Office and Waverly Office.

Address Change for AAA7 Rio Grande Office

We have a new mailing address for our Rio Grande Office in Gallia County.

Please note that our location has not changed, only our mailing address.

- New mailing address is: PO Box 154, Rio Grande, OH 45674-0154
- Physical address remains the same: 160 Dorsey Drive, Rio Grande OH





Area Agency on Aging District 7, Inc.

F32-URG, PO Box 500 • 160 Dorsey Drive • Rio Grande, OH 45674-0500

Toll-Free Number: (800) 582-7277 • TTY: 711 (Relay Ohio)

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.

AAA7 Upcoming Events

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- November 6th - Fall-Free Friday on the AAA7 Facebook Page • 10:00 am
 - November 9th - Medicare Monday on the AAA7 Facebook Page • 9:00 am
 - November 13th - Fall-Free Friday on the AAA7 Facebook Page • 10:00 am
 - November 17th - Telephone Chronic Disease Self-Management Program Begins • 1:30 pm
 - November 19th - Fall-Free Friday on the AAA7 Facebook Page • 10:00 am
 - November 19th - Telephone Caregiver Support Group • 1:30 pm
 - November 27th - Fall-Free Friday on the AAA7 Facebook Page • 10:00 am
 - December 4th - Fall-Free Friday on the AAA7 Facebook Page • 10:00 am
 - December 11th - Fall-Free Friday on the AAA7 Facebook Page • 10:00 am
 - December 19th - Telephone Caregiver Support Group • 1:30 pm

For more information, please call us at 1-800-582-7277 or e-mail info@aaa7.org