

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

www.aaa7.org **Helping You Age *Better!***



SPRING - SUMMER 2014

CareSource Partners with Southeast Ohio Area Agencies on Aging

Home Care Waiver Program Helps Residents with Disabilities

DAYTON - CareSource, a nonprofit Ohio-based health plan, is managing the Ohio Home Care Waiver program in Southeast Ohio. Beginning in January 2014, the Ohio Department of Medicaid contracted with CareSource to provide case management services for the Marietta region of the Ohio Home Care and Transitions Carve-Out Waivers.

The Ohio Home Care Waiver program provides cost-effective home and community-based services and supports for individuals who meet a nursing facility level of care, enabling them to remain in a community setting.

Services include: personal care services, out-of-home respite, nursing services, short-term relief, emergency response, supplemental transportation systems, adaptive/assistive devices, home-delivered meals, home modifications, adult day health services, and vehicle modifications.

To provide the most effective coordination for these services, CareSource partnered with the local Area Agencies on Aging (AAA) in Southeast Ohio (Districts 7, 8 and 9). The Southeast Ohio AAAs have extensive experience in coordinating waiver and community-based care and services, and have partnered with CareSource to ensure the highest quality of care is provided. Individual case managers from the local Area Agencies on Aging are assigned to coordinate services for individuals on the waiver within their service area.

“We welcome this opportunity to expand our mission to serve new and underserved populations in Ohio, and make a difference in the lives of people who need it most by improving their health care,” Anthony Evans, Vice President for Integrated Health Services at CareSource, said.

“After 42 years of continued existence, our Rio Grande Area Agency on

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Wellness Programs

Healthy U and A Matter of Balance are our wellness programs that are designed to help individuals live with their chronic disease or learn to prevent falls. Call us to learn more about these wonderful programs that have made a difference for so many!

See Page 7 for more information.

AAA7 Board Names New Officers, Welcomes New Members

At its final meeting of 2013, the Area Agency on Aging District 7 (AAA7) took the opportunity to thank and recognize new officers, new board members, and outgoing board members.



Officers for 2014 are pictured with AAA7 Executive Director Pamela K. Matura (third from left) including, left to right, Vice President Charles Harper of Lawrence County; Secretary/Treasurer Jane Ann Burns of Vinton County; and President Gary Fenderbosch of Gallia County.



New Board Members for 2014 are pictured with AAA7 Executive Director Pamela K. Matura (second from left) including, left to right, John King of Highland County; Alice Ward of Pike County; and Mary Jo Baumgartner of Adams County.



Outgoing Board Members are pictured with AAA7 Executive Director Pamela K. Matura (pictured left) including, left to right, Deanna Tribe of Vinton County, current ex-officio member and Past President; Andy Graham of Jackson County, Past Vice President; and Kathleen Finnegan of Adams County. Not pictured is John Stultz of Ross County.

CareSource Partnership...continued from Page 1

Aging welcomes this new partnership with CareSource. Through this partnership, we are committed to helping a new group of southern Ohioans of all ages with accompanying disabilities manage their care needs and access the services they need to live independently in the community," said Pamela K. Matura, Executive Director of the Area Agency on Aging District 7.

CareSource, a nonprofit health plan, is celebrating 25 years as one of the nation's largest Managed Medicaid Plans. Headquartered in Dayton, Ohio, CareSource serves more than 1 million consumers in Ohio and Kentucky. CareSource is living its mission to provide health care to those who need it most.

For more information about the Ohio Home Care Waiver, contact the AAA7 Resource Center at 1-800-582-7277.

Medicare Prescription Drug Plan Discount - Helping Eligible Individuals Save Money!

Assisting eligible individuals with Medicare prescription benefits is a service the Area Agency on Aging District 7 (AAA7) provides through the Medicare Improvements for Patients and Providers Act (MIPPA) grant from the Ohio Department of Aging. This project provides outreach to and enrollment assistance for individuals who may be eligible for the Low-Income Subsidy and/or Medicare Savings Program, as well as other Medicare premium assistance programs.



Low Income Subsidy (LIS) or “Extra Help” is a discount plan that can: lower your prescription co-pays; cover all or part of your Medicare Part D monthly premiums; or eliminate the “doughnut hole” of coverage for your medications. Part D is Medicare’s prescription drug coverage and is available to anyone eligible for Medicare Part A or Part B. Those with Medicare may enroll in Part D coverage through either a stand-alone plan or a Medicare Advantage plan. To be eligible for “Extra Help,” income guidelines and qualifications must be met, and the AAA7 can help determine whether you might be able to benefit from this program, and if so, assist you with the application process.

Each year, our Agency conducts outreach to our communities in order to better identify who might be eligible for the “Extra Help” program as there are a large amount of individuals who are eligible, but currently not receiving the benefit. Just last year, in 2013, 87 people, who called our Agency to inquire about the program, learned they were eligible and all combined were able to save a total of \$221,877.00, for an average savings of \$2,550.00 per person. All of the individuals we were able to reach out to throughout our communities during the year were also assisted in additional ways, including Medicare Part D sign-ups, help with finding a Medicare supplemental insurance, help with paying Part B premiums, providing other services made available through our Agency, and references to additional community organizations that may be able to help.

Thanks to additional efforts to share the word about this wonderful program, in just the first five months of 2014, 71 individuals have called the AAA7 to inquire about the discount plan, with a savings so far this year of \$223,070.00 - that’s more than our total for the entire twelve months of 2013!

If you would like to find out if you are eligible for “extra help” with your Medicare Part D coverage, call us - we can help! Contact our Agency Monday through Friday from 8:00 am until 4:30 pm toll-free at 1-800-582-7277. We can assist you with applying over the phone, or send you a paper application in the mail that you can complete. In addition, we can also assist you with any other Medicare questions you might have.

Or, if your community group or agency has an event coming up that you would like us to participate in to provide more information, please let us know – you can reach us at 1-800-582-7277 or e-mail info@aaa7.org.



2014 Asset and Income Guidelines for Qualification for the Low Income Subsidy (LIS)

Single - Monthly income of \$1,458 or less with assets less than \$13,440

Married - Monthly income of \$1,966 or less with assets less than \$26,860

Call us today to learn more about LIS or to have your questions answered.

County Commissioners Proclaim Older Americans Month in May

Ohio is home to more than 2.3 million adults age 60 and older, and each May is celebrated nationwide as Older Americans Month. This year's theme was "Safe Today. Healthy Tomorrow." The Area Agency on Aging District 7 (AAA7) joins the Ohio Department of Aging, local providers and senior centers, and other important partners in the aging network in recognizing older adults and the people who serve and support them.

In observance of Older Americans Month, representatives from the AAA7, local senior centers, and RSVP of the Ohio Valley (in Gallia, Jackson, Lawrence, Pike and Scioto Counties) met with each County Commission in our ten-county district for a proclamation signing to observe the special month. Pictured first row, Adams County and Brown County. Second row is Gallia County and Highland County. Third row is Jackson County and Lawrence County. On Page 5, first row is Pike County and Ross County. Second row is Scioto County and Vinton County.





START TALKING!: Building a Drug Free Future

Drug abuse is a public health epidemic across the nation and Ohio is not immune. In 2011, drug overdoses were the leading cause of accidental deaths in our state, with one Ohioan dying from a drug overdose every five hours. Under Governor John R. Kasich's leadership, Ohio has made attacking the drug problem a priority. Efforts are underway to broaden public and professional education, particularly regarding the prescribing and abuse of opioids; law enforcement has ramped up efforts on our highways and in our communities; and treatment options and recovery supports have been expanded to help those struggling with addiction regain control of their lives. **Start Talking!** is an effort championed by Gov. Kasich and First Lady Karen W. Kasich aimed at preventing drug abuse among Ohio's most vulnerable citizens – our children. Research shows that when children talk about substance abuse with parents, grandparents and other adults, they are up to 50 percent less likely to use. This initiative encourages Ohioans to embrace prevention-focused programs aimed at raising awareness and encouraging conversation, all in an effort to stop drug abuse before it starts. Older adults have a unique opportunity to talk to the youth in their lives about drug use and to make a difference. For more information, visit starttalking.ohio.gov

Start Talking!

Parents, mentors and peers can make a difference just by talking to young people about drug abuse. The *Start Talking!* initiative provides tools for parents, guardians, educators and community leaders to start the conversation with Ohio's youth about the importance of living healthy, drug-free lives.

Children of parents who talk to their teens about drugs are 50% less likely to use.

Ohio drug overdose deaths increased 440% between 1999 and 2011, with prescription drugs driving that rise.

1 in 10 high school students recently reported they had first tried marijuana before age 13.



For more information, visit starttalking.ohio.gov

Start Talking! 
Building a Drug-Free Future

AAA7 Staff Recognized for Years of Service in 2013



5-Year Awards (Pictured Left) - Left to right, **Ashley McClanahan** (Waverly Office), **Pam Matura**, AAA7 Executive Director, and **Lisa Fultz** (Wheelersburg Office).

10-Year Awards (Pictured Below, Left) - Left to right, **Pam Matura**, **Sharon Staten** (Wheelersburg Office), **Diane Lane** (Rio Grande Office), **April Clausing** (Wheelersburg Office), **Kim Paquette** (West Union Office), **Sandra Montgomery** (Waverly Office), and **Teresa Gillespie** (Wheelersburg Office).

15-Year Awards (Pictured Below, Right) - Left to right, **Pam Matura**, **Tracie Dunham** (Wheelersburg Office), **Terersa Waller** (Wheelersburg Office), and **Mark Turner** (Wheelersburg Office).



20-Year Awards (Pictured Above, Left) - Left to right, **Pam Matura**, **Lisa Adams** (Rio Grande Office), **Barbara Bond** (West Union Office), **Robin Fraley** (Wheelersburg Office), and **Janet Saunders** (Rio Grande Office).

20-Year Awards (Pictured Above, Right) - Left to right, **Pam Matura**, **Susy Merry** (Rio Grande Office), **Dottie Esque** (Rio Grande Office), and **Becky Simon** (Wheelersburg Office).

25-Year Award (Pictured Left) - Left to right, **Pam Matura** and **Denise Young-Meeker**.

Chronic Disease? Fear of Falling? We Can Help!



Healthy U - Chronic Disease Self-Management Program

For those living with or caring for someone with a chronic disease

Meets once a week for six weeks • Learn ways to deal with pain, fatigue, depression
 Discover ways to be more physically active • Learn how to eat healthier • Set personal goals
 Learn better ways to speak with your physician • Find ways to relax and deal better with stress
 Participants receive a free 374-page guide to self-management

Call 1-800-582-7277 to learn more about either of these programs!



A Matter of Balance - Falls Prevention Program

For those who would like to manage their concerns about falls

Meets twice a week for five weeks • Learn to view falls as controllable • Set goals for increased activity
 Make changes to reduce fall risks at home • Learn exercises to increase strength and balance

Available for:

Those age 60 or over with a concern about falls • Anyone who would like to improve their balance
 Anyone who has fallen in the past • Anyone who has restricted activities because of falling concerns

Elder Abuse Awareness

A Department of Justice study estimated in 2009 that about one in nine adults age 60 and older suffers abuse each year. For every one case reported to authorities, it is believed that five more go unreported. A study reported in the Journal of the American Medical Association, also in 2009, found victims of elder abuse have a 300 percent higher risk of death than individuals not subject to abuse. Abuse can take many forms including physical, verbal, neglect, and financial exploitation.

World Elder Abuse Awareness Day is observed each year on June 15th. The Area Agency on Aging District 7, which covers 10 counties in Ohio, including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton, encourages the community to be aware and educated about elder abuse. If you or someone you know is the victim of abuse, it is important to report it to the appropriate authorities.

According to the National Center on Elder Abuse, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. The specificity of laws varies from state to state, but broadly defined, abuse may be:

- Physical Abuse - Inflicting, or threatening to inflict, physical pain or injury on a vulnerable elder, or depriving them of a basic need.
- Emotional Abuse - Inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts.
- Sexual Abuse - Non-consensual sexual contact of any kind.
- Exploitation - Illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable elder.
- Neglect - Refusal or failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- Abandonment - The desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.

Be aware of the risk factors and warning signs associated with elder abuse. Warning signs could include physical marks or physical mistreatment, behavioral changes, and sudden changes in financial situations. If you or someone you know has been the victim of abuse, exploitation or neglect, it is important to report the suspected abuse immediately. Call your doctor or confide in a family member or friend you trust, or call your local Adult Protective Services agency to report elder abuse occurring in the community. To report abuse in long-term care facilities, call the AAA7 Ombudsman Program at 1-800-582-7277. If someone you know is in immediate, life-threatening danger, call your local police department or sheriff's office, or 9-1-1 immediately.



Area Agency on Aging District 7, Inc.

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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 nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs.

AAA7 Quick Notes - News Snippets for Your Information!

- ✓ **AAA7 TO PRESENT AT NATIONAL CONFERENCE** - The Area Agency on Aging District 7 (AAA7) is proud to serve as a presenter at two programs at this year's National Association of Area Agencies on Aging (n4a) Annual Conference in Dallas July 12 - 16. Presentations include:
 - "Best Practices in Growing Veteran-Directed Home and Community-Based Services: The Ohio Partnership of the AAA7 and the Chillicothe VAMC" presented by AAA7 employees Vicky Abdella, RN, Director of Community Services, and Merritt Sessor, Veteran-Directed Assessor/Care Manager. Also joining them will be Keshia King, Veteran-Directed Program Coordinator for the Chillicothe VAMC.
 - "Broken Hearts - The Impact of Prescription Drug Abuse on Seniors and their Support Systems" presented by AAA7 employees Debbie Gulley, RN, Long-Term Care Programs Director, and Kaye Inoshita, RN, Director of the Regional Long-Term Care Ombudsman Program.
- ✓ **APPRECIATION BRUNCH** - This year's Appreciation Brunch will take place in AUGUST, which is a change from years past. More details and information will be included in the invitations that will be mailed out soon.
- ✓ **LOOKING FOR A SPEAKER?** - We love to speak at community meetings and functions! Call us at 1-800-582-7277, ext. 22224 or e-mail info@aaa7.org to schedule the AAA7 for your next meeting. We also love to attend community events and local health fairs or other similar activities. Call our toll-free number or e-mail info@aaa7.org to inform us of the details and we will work on making the arrangements to attend!