

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 2016

AAA7's Assistant Director Keller Receives State Association Award

Recently, the Ohio Association of Gerontology and Education (OAGE) honored Nina R. Keller, MSW, Assistant Director at the Area Agency on Aging District 7 (AAA7), as a "Practitioner of the Year" at its 40th Annual Conference at Youngstown State University. Keller was presented with the individual award at the conference and United Church Homes was presented with the group version. This competitively-selected award from OAGE recognizes individuals and organizations that either have improved services to older adults through research and evaluation or have developed noteworthy partnerships with institutions of higher learning for the betterment of Ohio's elders.

OAGE is an association of educators, researchers, professionals, and students in Ohio dedicated to gerontological education, research and practice. OAGE promotes gerontological education, supports Ohio's aging network as a resource for research and practice, and provides professional development for students, faculty and professionals.

The AAA7 provides home and community-based long-term care options and resources for ten counties in southern Ohio, including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Keller was selected for the award due to the important contributions she has made to improve services to older adults. OAGE officials acknowledged her skill with establishing a plan of short-term and long-term goals for desired outcomes, and her rigorous evaluation of program effectiveness to respond to challenges. Keller was recognized for effectively orchestrating her staff and their talents to fulfill AAA7's Mission and Vision Statements.

Her work in services for older adults spans over thirty years and includes both institutional and community-based settings. She has presented on various topics related to programs and services at both state and national professional

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Nina R. Keller (second from left) was recently named "Practitioner of the Year" by the Ohio Association of Gerontology and Education (OAGE). Keller is the Assistant Director of the Area Agency on Aging District 7, which covers ten counties in southern Ohio. Also pictured are, left to right, Tina Lightcap, QA/QI Manager at the Area Agency on Aging District 7; Keller; Pam Matura, Executive Director at the Area Agency on Aging District 7; and Diane Ramey, President of the Executive Committee of OAGE.

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conferences and continues to engage in policy development with regard to service delivery for older adults in rural areas. She received her undergraduate degree from Rio Grande College (now University of Rio Grande) and her Master of Social Work degree from The Ohio State University.

Keller began at the AAA7 December 1, 1990, and last year, celebrated 25 years with the Agency. Over her years at the AAA7, she has held several different positions which has given her an overall better understanding of all aspects of the organization and how it works to meet its mission of serving others.

In the words of Pamela Matura, AAA7 Executive Director, “Nina has worked at the AAA7 for 26 years and serves as my Assistant Director. There literally is nothing that she hasn’t exponentially been a part of in our operations over the years. Nina is a great value and continues to serve diligently.”

“My goal has always been to be of service in whatever arena I find myself,” Keller shared. “I am deeply grateful and humbled to receive this honor from OAGE – it was totally unexpected. While I am the recipient of this award, it really represents to me the many, many people along my career who have challenged me, supported and mentored me, and trusted me to do my job. I will think of them every time I look at this award. To them, I owe my deepest gratitude.”

Keller resides in Jackson County with her husband, Steven.

Saving People Money in Southern Ohio! Through the Medicare Prescription Discount Plan - Are You Eligible!?

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. 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 2015, 168 people, who called our Agency to inquire about the program, were able to save a total of \$474,684.00, for an average savings of \$2,825.50 per person.**

Are you one of the eligible individuals? 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 – it’s simple and only takes a few minutes to apply. In addition, we can also assist you with any other Medicare questions you might have.

Upcoming CEU Trainings Provided by the AAA7

July 27th - Bi-Polar Disorder and Other Major Mood Disorders in Youth and Adults

September 14th - Challenges of Cleanliness, Clutter and Hoarding

October 5th - Sensitivity to Aging

November 9th - DRIVE (for PASSPORT and OAA Providers)



For more information, see our Training Calendar at www.aaa7.org, or contact us at 1-800-582-7277 or info@aaa7.org.

34th Annual Art Show Winners Announced

The artwork of local seniors was recently showcased at the Area Agency on Aging District 7's (AAA7) 34th Annual Senior Citizens Art Show and Essay/Poetry Contest that was held at the Esther Allen Greer Museum, located on the campus of the University of Rio Grande in Rio Grande, Ohio.

This year, a total of 178 art pieces were entered in the Contest with 38 essays/poems. Individuals age 55 or older were eligible to participate in the Art Show and Essay/Poetry Contest. Special awardees are pictured below.



Best of Show Winners

Amateur Category (Pictured Far Left): Pat Parsons of Gallia County for her bronzed sculpture, "*Horton the Elephant*".

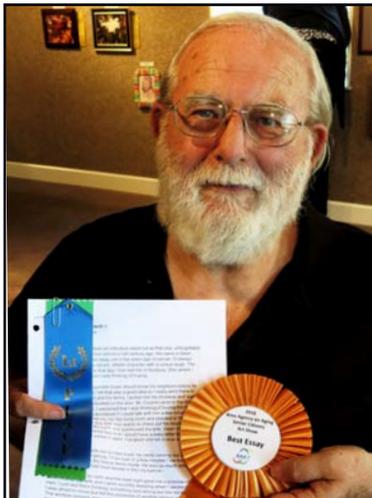
Professional Category (Pictured Left): Mary Jo Copeland of Highland County for her oil piece, "*Eight is Enough*".



Other Special Award Winners

Mary Peck Friend of Animals Award (Pictured Far Left): Jo Ann White of Adams County for her watercolor, "*Bunny Rabbit*".

People's Choice Award (Pictured Left): Dennis Crabtree of Jackson County for his watercolor, "*The Old House on Horton Sisters Road*".



Writing Awards

Best Overall Essay (Pictured Far Left): R. Eugene Wallace of Ross County for, "*A Tribute to Dean Cockrill*".

Best Overall Poem (Pictured Left): Doris Strickland of Scioto County for, "*How the World Was Made*".

County Commissioners Proclaim Older Americans Month in May

In observance of Older Americans Month in May 2016, representatives from the AAA7 and local senior centers 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. Fourth row is Pike County and Ross County. On the bottom of Page 5, is Scioto County and Vinton County.



AAA7 Provides Wellness Classes Throughout 2016

Most know the Area Agency on Aging District 7 (AAA7) for the assistance we can provide with long-term care home and community-based services, programs and resources that are available in our ten-county district. Did you know that we also provide “Healthy Lifestyle Programs”? These evidence-based programs help individuals learn to take control of their lives and manage health conditions. Thanks to a network of community coaches and members of our staff, these programs are available in a number of communities throughout our ten-county district. We are excited to report that we already have classes scheduled for the remainder of the year throughout our ten counties!

“A Matter of Balance” is an educational program that teaches practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls as controllable, set realistic goals, change their environment to reduce risk factors, and increase strength and balance through exercise.

The “Chronic Disease Self-Management Program” and “Diabetes Self-Management Program” helps adults gain confidence in their ability to manage symptoms and understand how their health problems affect their lives. Individuals who could benefit from the program are those with long-term health challenges such as asthma, arthritis, heart disease, diabetes, or other life-long conditions. The program emphasizes the individual’s role in managing their illness and building their self-confidence so that they can be successful in adopting healthy behaviors. Participants in the class learn to deal with pain, fatigue and depression; discover ways to be more physically active; learn how to eat healthier; learn better ways to talk about their health with physicians and family; set personal goals; and find ways to relax and deal with stress. Participants can represent an individual with a chronic disease, a caregiver of someone with a chronic disease, or someone who wants to learn more about healthy living.

If you would like to learn more about these classes, or are interested in attending an upcoming class in your county, please call 1-800-582-7277 and we can share the schedule with you and add you to the list for an upcoming class. Or, visit our website at www.aaa7.org to view a calendar under our “Upcoming Events” section.

Community Wellness Classes

brought to you by the Area Agency on Aging District 7

Chronic Disease Self-Management • Diabetes Self-Management

A Matter of Balance Falls Prevention • Tools for Caregivers

Classes available throughout our ten-county district in 2016. Contact us to learn more about these FREE classes and when we will be in your area!

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



AAA7 Staff Recognized for Years of Service

Staff were recognized for their years of service at the Agency's annual Staff Conference that was held this past October at Shawnee Lodge outside Portsmouth.



Five Year Awardees (pictured left): First row, left to right: Jenni Lewis, Tracy Perkins, Rose Barnhouse, Crystal Tackett, Katrina Brown and Anna Keibler. Second row, left to right: Valerie Frazier, Alyse Lovejoy-Pettit, Judy Risner, Callie Reed, Paula Sturgeon, Wendy Yost, and Executive Director Pam Matura. Not pictured is Laura Frazier.



Ten Year Awardees (pictured right): Cindy Oakes, Kristy Bowman, Linda Oiler, Andrea Pruitt, Andrea Rafferty, and Executive Director Pam Matura.



Fifteen Year Awardees (pictured left): Donna Saunders, Karea Swinning, Emily Moss, Marie Schmidt, Linda Green,, and Executive Director Pam Matura.



Twenty Year Awardees (pictured right): Brenda Copley, Emily Gano, Kelli Meredith, Debbie Collier, Tina Lightcap (dressed as Doc from the Seven Dwarfs for our Disney theme for the day!), and Executive Director Pam Matura.



Twenty-Five Year Awardees (pictured left): Kay Allbright, Kaye Inoshita, Rita Pauley, Nina Keller, and Executive Director Pam Matura.



Thirty-Five Year Awardee (pictured right): Janet Miller and Executive Director Pam Matura.

AAA7 Recognizes Awardees from 2015 Appreciation Brunch

The AAA7 recognized a number of individuals and groups at its 2015 Appreciation Brunch for their service and dedication to not only the AAA7, but more importantly, the communities served by the Agency.



2015 AAA7 William A. Jenkins Award

Presented to Jane Taylor (second from left), Past State Director from Ohio AARP (retired). Also pictured is, left to right, Pam Matura, Executive Director of the Area Agency on Aging District 7; Larke Recchie, Executive Director of the Ohio Association of Area Agencies on Aging; and State Representative Doug Green.



2015 AAA7 Partnership of the Year Award (Pictured Far Left)

Presented to the University of Rio Grande Esther Allen Greer Museum. Pictured is AAA7 Executive Director Pam Matura and Jim Allen, Art Professor at the University of Rio Grande.

2015 AAA7 Caregiver of the Year Award (Pictured Left)

Aaron Bollinger of Lawrence County was presented with the Caregiver of the Year Award. Pictured are, left to right, Vicki Woyan with the Caregiver Support Program at the AAA7; AAA7 Executive Director Pam Matura, Bollinger; and Vicky Abdella, Director of Community Programs at the AAA7.



2015 AAA7 Intergenerational Educator of the Year Award

Pictured above, front row, left to right, Carole Alder, Ohio University; Charles Gorman, Southern State Community College; Gary Fenderbosch, AAA7 Board of Trustees President; and State Representative Doug Green. Second row, left to right, Megan Brown, Shawnee State University; Joy Shytle, Ohio University Southern; Kaci Compton, Field Representative for US Congressman Brad Wenstrup; Juli Stephens, Field Representative for US Congressman Bill Johnson; and Pam Matura, AAA7 Executive Director. Back row, left to right, Ginny Pinson, Department of Business Administration Health Care Administration at Shawnee State University; Eliza Harper, Ohio University School of Nursing; Leann Denning, Shawnee State University Department of Nursing; and Paul Dovyak, University of Rio Grande Social Work Program.

The 2016 AAA7 Appreciation Brunch will be held Monday, August 15th at the SOMC Friends Center in Portsmouth, Ohio. Invitations will be mailed out soon!



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

Become a Volunteer Ombudsman!

Looking for an opportunity to make a real difference in the lives of others? If so, the AAA7 has an opportunity for you or someone you know who may be interested in helping provide a voice for residents in long-term care nursing facilities.

Through the AAA7's Volunteer Ombudsman Program, these special helpers visit nursing home residents on a regular basis to provide them with a link to the outside world. Through these visits, Volunteer Ombudsmen help to lessen the isolation and loneliness many residents experience. Volunteers also provide an essential voice for residents, providing advocacy and assistance for those who have concerns about their care. See the flyer to the right for more details and contact us if you or someone you know would be interested in learning more about this opportunity!

AAA7 Volunteer Ombudsmen cover the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Call today to learn more!



NOT ALL HEROES WEAR CAPES

Maybe red is not your color, or a cape is not your style, but you can still make a valuable difference in the lives of others. The **Area Agency on Aging District 7 Volunteer Ombudsman Program** offers you the opportunity to be an advocate for nursing home residents through visits that provide them a connection with the outside world - serving as their ear and voice - **how HEROIC is that!**



CONSIDER BECOMING A VOLUNTEER OMBUDSMAN!



Volunteer Ombudsmen:

- Provide an essential voice for residents of nursing homes, assisted living facilities and other long-term care settings.
- Offer encouragement and support.
- Help residents understand their rights and resolve problems.
- Lessen isolation and loneliness many residents experience.
- Create their own schedule.
- Receive on-going training.
- Attend recognition and educational events.

Through regular visits at their assigned facilities, Volunteer Ombudsmen provide these essential services in the AAA7's ten-county district (Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties).

Interested in learning more? Call us toll-free:

1.800.582.7277 or e-mail info@aaa7.org