



Focus on Aging

A Quarterly Publication

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| | |
|---|---|
| Medicare Review Time | 2 |
| Medicare Check-up Days | 2 |
| Advisory Council Opening | 3 |
| New Advisory Council Members | 3 |
| Keep Seniors Safe & Sound | 3 |
| Ohio Home Energy Assistance Programs | 3 |
| Flu + You | 4 |
| Caregiver Corner | 4 |
| Older Americans Act Reauthorization Overdue | 5 |
| Sequestration Impacts Aging Programs | 5 |
| PSA 2 Training | 5 |
| Celebrating Milestones ... and the Path Forward | 5 |

Changing Role for Ohio's AAAs

The twelve Ohio Area Agencies on Aging (AAAs) have long been a valuable component of successful supportive services for older adults in Ohio. As aging services evolve - such as the MyCare Ohio demonstration - the AAAs continue to prove their value in the aging network.

AAAs bring long-standing expertise (20+ years) in administering home and community-based waiver programs such as PASSPORT with very high customer satisfaction rates. With this experience comes the knowledge needed to manage the complex service and support needs of older adults, populations that Ohio managed care plans have not previously managed and that are different from the broader Medicare population.

In MyCare Ohio regions, PASSPORT and Assisted Living services are now managed care programs for those eligible for both Medicare and Medicaid, the "dual eligibles." During the demonstration period, managed care organizations are required to contract with AAAs to serve as "waiver service coordinators" for individuals over age 60. This has meant a change in the roles and responsibilities of the AAAs, as final authorization of services and providers now comes from the managed care organizations.

What is MyCare Ohio?

- Five-year demonstration to integrate Medicaid and Medicare services for people who are eligible for both programs.
- Includes people on the PASSPORT and Assisted Living waivers and in nursing homes.
- Brings long-term services and supports to managed care.
- Five managed care plans in seven regions.
- Began with Medicaid in May 2014; Medicare started in January 2015.
- Individuals can opt out of Medicare but not Medicaid.
- Serving 100,000+ Ohioans age 18 and over in 29 counties.

Waiver Service Coordinators assess and reassess consumers' needs; help develop a plan for home and community-based services for authorization by the managed care organizations; monitor the delivery of services; and respond to events that may result in recommendations for service changes.

Early reviews of the MyCare Ohio demonstration show the highest scores are in the areas most affected by AAA involvement – coordination of home and community-based services for individuals over 60.

No matter the program, policy or funding challenge, AAAs have remained committed to serving their communities. MyCare Ohio is no different. AAAs have:

- Assisted consumers in navigating the new system and preventing interrupted services.

Continued on Page 4

Medicare Review Time

Time to Review, Compare, and Enroll

Have you reviewed your Medicare coverage?



Every year from **October 15 until December 7**, Medicare beneficiaries are able to change their choices for Part D (prescription drug) coverage, enroll in a Medicare Advantage plan, change Medigap plans, and/or change Medicare Advantage plans.

Did you look at the annual notice from the company that is supplying your coverage, or at least your Annual Notice of Change? Is the plan premium going up? What about the deductible? When you opened your packet, did the company add another "tier" to the generic drugs? What did you pay in copays this year? Were there unexpected expenses that the plan did NOT pay, and are they likely to recur?

It is wise to ask these and many other questions every year. But if you haven't reassessed in a few years, you definitely need to think about having a Medicare "check-up."

- Attend a **Medicare Check-up Day** event. Our region's remaining 2015 dates are listed in the right column.
- Contact the **Ohio Senior Health Insurance Information Program** at 800-686-1578.
- Visit www.mymedicarematters.org/mini-check to use the **Medicare Mini-Check** tool and take advantage of the resources offered by the National Council on Aging. Fill out the four simple questions on this assessment and then see what next steps and resources are recommended for your particular Medicare situation. The tool will also help you access free professional advice about Open Enrollment from a licensed benefits advisor.
- Call **1-800-MEDICARE** (1-800-633-4227), Medicare's toll-free number, but be prepared to wait. You might want to try calling during "off hours."

Medicare Check-Up Days

Learn ways to stay informed - stay healthy - save money.

Do you need accurate, unbiased information about Medicare and the Medicare Part D prescription drug benefit? The Ohio Senior Health Insurance Information Program (OSHIIP) is hosting public events

across the state to assist you in making educated choices for your 2016 health and prescription benefits. They will also help in finding lower cost alternatives and assistance.



Visit www.insurance.ohio.gov and click on the "Medicare Services" tab for the OSHIIP page where you can find additional information about the statewide schedule of Medicare Check-up Days. Some of the Medicare Check-Up events in our region were held prior to this printing; remaining sites are listed below.

Champaign County - 11/13/15

Urbana-Champaign Co. Senior Center, Urbana
Counseling appointments only - call 937-653-6088.

Darke County - 11/10/15

TBA at time of print - Contact OSHIIP for more current information: 800-686-1578.

Logan County - 11/3/15

Green Hills Retirement Community, West Liberty
Counseling appointments only - call 937-650-7117.

Miami County - 11/9/15 - 10:00 a.m.

The Learning Place, Piqua

Montgomery County

10/30/15 - Vandalia Senior Center, Vandalia
Counseling appts only - call 937-898-1232.

11/6/15 - Earl Heck Center, Englewood
Counseling appts only - call 937-836-5929.

11/17/15 - Rec West Enrichment Ctr, Centerville
10:00 a.m. presentation - Counseling to follow.
Call 937-433-0130 for appointment.

Advisory Council Opening for Darke County Rep

The Area Agency on Aging, PSA 2 is now accepting applications for one Darke County representative to the Advisory Council. This is a replacement term that ends March 31, 2018. The representative can then be appointed to their first full term (3 years), and is eligible for two renewal terms after that.

The Area Agency on Aging Advisory Council advises the Board of Trustees regarding the administration of federal and state funds for services for those over 60 years of age, as well as other issues affecting older adults and their caregivers. The Advisory Council is composed of three representatives from each of the nine counties in our service area. Currently representing Darke County on the Advisory Council are Theresa Crandall and Dennis Wein, both of Greenville.

The Advisory Council meets seven to eight times a year on the fourth Wednesday of the month at 10:00 am in Tipp City. Mileage is reimbursed for travel to the meeting site.

Contact Ann Finnicum at 937-341-3020 or 800-258-7277 if you are interested in applying to be a Darke County representative to the Advisory Council.

Application deadline is November 13, 2015.

New Advisory Council Members Appointed

The Area Agency on Aging Board of Trustees recently appointed two new members to the regional Advisory Council.

Lisa Beanblossom
Representing Miami County

Valerie Parker-Haley
Representing Montgomery County

Keep Seniors Safe & Sound

Did you know that older Ohioans are at a greater risk for fire fatalities than the rest of the population? While they make up about 14 percent of our population, older adults account for more than 39 percent of fire-related deaths in Ohio.

The Ohio Department of Aging has partnered with the State Fire Marshal, local fire departments, and others on a campaign this fall and winter called **Safe & Sound**. The campaign is designed to educate all Ohioans on how to prevent and prepare for fires, especially those caused by heating sources during the winter months.

Safe & Sound has two main points. "Safe" reminds us to take safety measures such as following manufacturer's instructions on heating and electrical equipment, keeping flammable items away from heat sources, and checking your home for fire risks. "Sound" represents the phrase "sound the alarm" and reminds us to have working smoke detectors in our homes and a plan to escape in the event of a fire.

Visit www.com.ohio.gov/fire for tips to prepare for a fire and help prevent one from starting. In addition, the home energy assistance programs shown below may help you avoid a fire caused by improper heating of your home.

Ohio Home Energy Assistance Programs

Home Energy Assistance Program (HEAP): one-time payment credited to the current winter heating season account.

HEAP Emergency Winter Crisis Program: one-time assistance to eligible households that are disconnected, threatened with disconnection, or have less than a one-day supply of bulk fuel.

Percentage of Income Payment Plan: Utility service maintained by paying portion of household income each month.

Home Weatherization Assistance Program: Residential energy efficiency program.

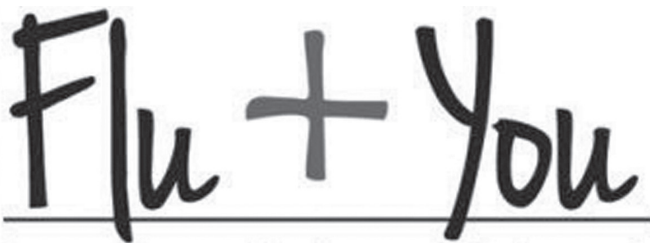
Eligible low-income Ohioans should contact the Area Agency on Aging for information.



Changing Role ...

Continued from Page 1

- Identified problems that have impacted the managed care organizations' ability to identify members, pay providers, and alleviate confusion.
- Initiated discussions with the Ohio Department of Medicaid and the managed care organizations to work together to solve problems and fix glitches.
- Assisted local providers in connecting with managed care organizations to enhance high quality provider pools and maintain access to services.
- Maintained our consistent quality service even though we have had to meet different managed care organizations' expectations.
- Served as a resource for local community leaders.



The logo features the words "Flu + You" in a large, black, handwritten-style font. A horizontal line is drawn across the middle of the text, passing through the plus sign.

Protect. Learn. Understand. Safeguard.
Educating older adults about influenza and prevention
From the National Council on Aging and Sanofi Pasteur

As people age, their immune systems weaken. Even if they feel healthy and are active, a weakened immune system can put older adults at risk for influenza ("the flu") and related complications.

If you know an older adult or caregiver in need of education about how to protect themselves against the flu, one good resource is the National Council on Aging's Flu + You. The program focuses on the seriousness of influenza, the importance of prevention, and available vaccine options.

Visit www.ncoa.org/Flu for resources that you can use and share to help protect seniors from the flu this season!



November is National Family Caregivers Month and the 2015 theme is *Respite: Care for Caregivers*.

R for Rest and Relaxation - A little R&R allows you to return refreshed to handle your many responsibilities as a caregiver. Plan to attend the **Caregiver Tea on November 12** (see below).

E for Energize - Regular respite helps reduce stress, allowing you to better care for yourself and your loved one.

S for Sleep - Caregivers often have sleep problems, and they should be addressed before taking too great a toll on your health.

P for Programs that can help you - Contact the Area Agency on Aging for more information about programs that can provide in-home assistance to seniors living in the community and their caregivers. Ask for a free in-home assessment to explore long-term care options.

I for Imagination - Let your mind run free; read a book; see a movie. If much of your time is occupied with the nuts and bolts of caregiving, refresh your mind and be a better caregiver.

T for Take Five - or better yet, take ten. Do you find yourself saying, "I wish I had just 10 minutes to myself?" Don't feel guilty about wanting a short reprieve - a few minutes to temporarily disengage.

E for Exhale - a few deep breaths in, followed by long exhales can help you focus, increase your vitality, reduce stress, and lift your mood.

Caregiver Tea

November 12, 2015 - 1:00 to 3:00 pm

Celebrations II Banquet Center

(Off I-75, just south of I-70)

See newsletter insert for
information and registration form.

Older Americans Act Reauthorization Overdue

The Older Americans Act (OAA) funds critical services that keep older adults healthy and independent—services like meals, job training, senior centers, caregiver support, transportation, health promotion, and more. While there has been some progress on reauthorization, we still have a long way to go.

In July the Senate passed the bipartisan Older Americans Act Reauthorization Act of 2015. The House has yet to vote on OAA reauthorization, and if the House bill is different than the Senate version, the two bills must be reconciled. Both chambers would vote again on the reconciled bill before it could be signed into law.

OAA reauthorization is overdue, and we're urging Congress to update and renew its commitment to these programs and those they serve.

Sequestration Impacts Aging Programs

In the FY 2016 proposed budgets from the Senate and House, some aging services programs are level-funded, and some receive sharp cuts. Unfortunately, the level funding that the majority of programs are receiving is based on FY 2013 levels. They have never recovered from the initial sequester cuts, and continuation of sequestration means funding could be cut even further at a time of huge growth in our older adult population.

In 2011, Congress passed the Budget Control Act, a trade-off for raising the debt ceiling at that time by cutting the federal budget by \$917 billion over the next 10 years. The first "sequestration cuts" took effect in FY 2013 - an average of 5% across-the-board. Aging services programs saw devastating results, including waiting lists, cutbacks, layoffs, and site closures. A budget agreement postponed sequestration during FY 2014 and FY 2015. However, sequestration is set to come back in October for FY 2016 if no agreement is reached, and it will last until 2023.



PSA 2 Training

November 12, 2015: *Embracing Diversity Among Older Adults*

Presenter: Beth Kinsel, Ph.D., LSW

No trainings will be presented in December. Trainings will resume in 2016.

Training information is available on our website under *Events/Continuing Education*. Brochures are posted six weeks prior to the training date.



Celebrating Milestones ... and the Path Forward

The Ohio Association of Area Agencies on Aging (o4a) invites you to attend the 2015 **Annual Conference for Aging and Disability Networks** being held on November 18 and 19, 2015 at the Hilton Easton in Columbus.

For 26 years, o4a has strived to bring relevant and timely information together at their annual conference, and 2015 is no different. The theme celebrates anniversaries of four great national programs: Social Security (80 years), the Older American's Act, Medicare, Medicaid (all 50 years!) and the Americans with Disabilities Act (25 years). Experts will present on a wide variety of topics and issues that impact Aging and Disability Resource Network (ADRN) partners, volunteers, elderly Ohioans, and people with disabilities of all ages.

For more information and to register, visit www.ohioaging.org. **Registration deadline is November 8.**



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2016 Calendars Now Available



The Area Agency on Aging produces a calendar each year that is free to seniors and their caregivers in our nine-county region. The calendar provides contact information for many valuable resources.

If you would like to pick up a supply of calendars for your group, please call Lisa at 937-341-3028 or 800-258-7277. Single copies are available at many senior centers and at the agency office in Dayton.

It is not agency practice to mail calendars.

Quantities are limited.

Call the **Area Agency on Aging, PSA 2** for information about services to help seniors and their caregivers.

223-HELP

(800) 258-7277

Information is also available online.

www.info4seniors.org

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